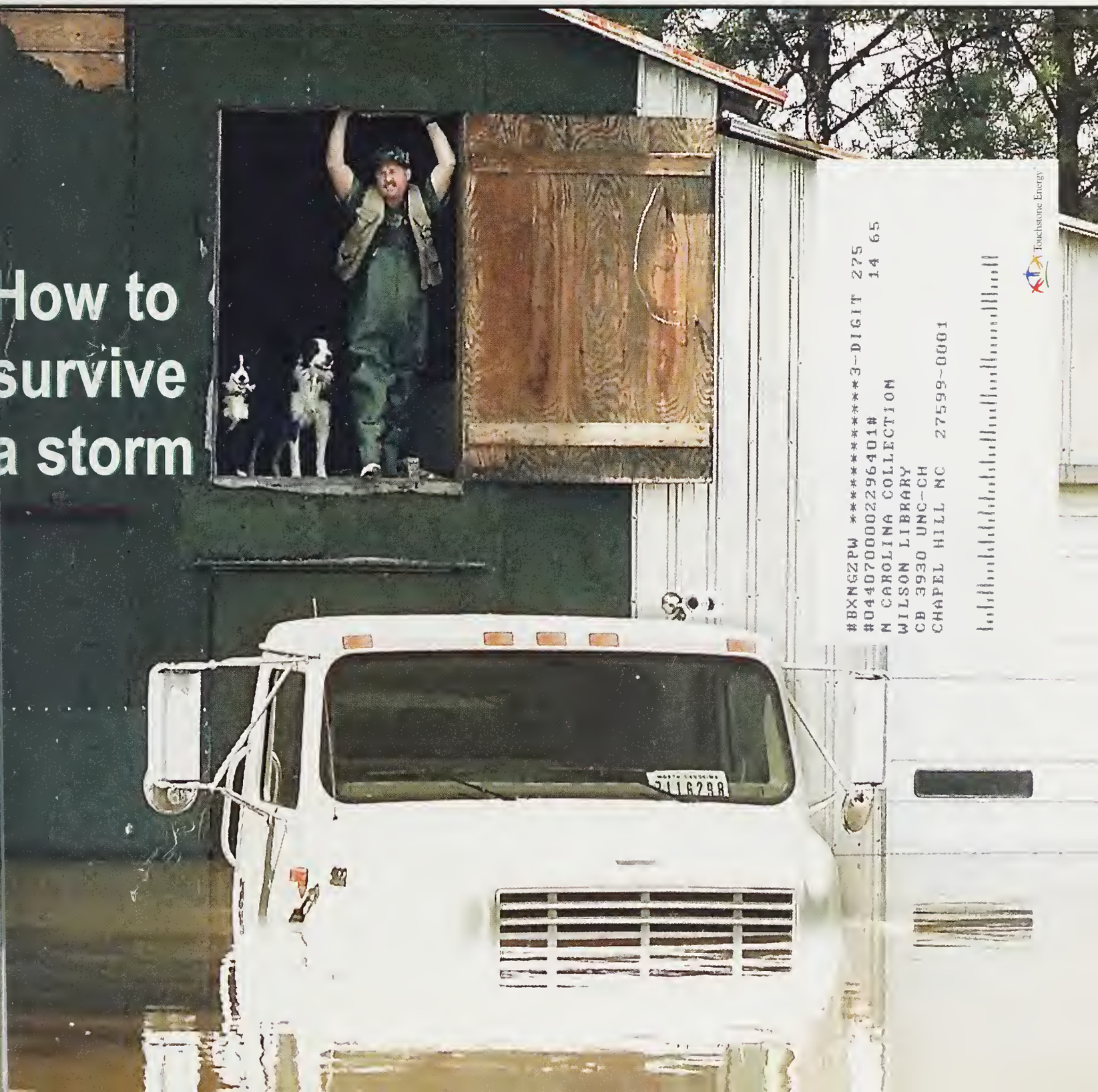
Lessons you learned from storms — pages 16-19

Carolina country

The pride of North Carolina's electric cooperatives

Volume 34, No. 7, July 2002



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On the Cover

Donald B. Beaman and his border collies sought high ground in a barn during the flood that Hurricane Floyd brought to eastern North Carolina in September 1999. A member of Pitt & Greene Electric Membership Corporation, Beaman was trying to protect the property of his business, the Carolina Farms Pipe Division, in the Snow Hill area of Greene County. (Photography by Donnaree)

Honor

Actual length of replica 7.5"

Courage Commitment

Marines have served our country proudly for more than 225 years "in every clime and place". The Marine Corps' reputation is built and forever endures because of three core values observed by these American heroes. Since 1775, *Honor, Courage and Commitment* have provided strength to our country's "Soldiers of the Sea".

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This die-cast replica series begins with "Honor", the first-ever die-cast pickup truck featuring an eloquent presentation of the Marine Corps' core values.

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Lessons we learn from storms

By Eddie Stocks

Right now we could use some rain here in Edgecombe County. The season's field crops, the woodlands and wetlands, our gardens and lawns – they all need rain.

But you know the wise old warning: "Be careful what you ask for."

Maybe we're better off understanding another piece of wise advice: "The Lord will provide."

Last February, the employees of Edgecombe-Martin County Electric Membership Corporation returned to our Hwy. 33 headquarters building after almost two and a half years of working in temporary quarters. All our buildings and grounds were damaged by the Hurricane Floyd flood in September 1999. When we moved back into our buildings, we passed a major milestone in the road to recovery that all of us in this part of the state have been traveling since mid-September 1999.

In this part of the state, we are still working on that road to recovery. And it seems we're working with an attitude that some of us may have neglected before that disaster: the attitude of cooperating with one another.

As soon as it was safe to head out after Floyd had passed, Edgecombe-Martin EMC set up temporary operations to restore electrical power that had been knocked out by the storm. Because our entire system was damaged, this job took many weeks of work. But it was not only EMC employees who tended to that job. We were amazed by the steady stream of willing, competent and devoted assistance that came from electric cooperatives throughout North Carolina and other states, as well as from disaster relief specialists, government and law enforcement personnel, medical and human services professionals, reconstruction teams and especially troops of volunteers.

When the Tar River flooded after hurricanes Dennis and Floyd in September 1999, the Edgecombe-Martin County EMC headquarters (left), as well as Hwy. 33 and the surrounding community were under more than five feet of water. Above photo taken by Michael Gery.

The spirit of helping those in need and cooperating with one another continues to this day in those regions devastated by the late-summer storms of 1999. Volunteers from North Carolina and other states are still helping us recover. Habitat for Humanity has been a constant presence here, building and rebuilding homes for people who lost theirs. Edgecombe-Martin EMC, in fact, recently donated the decks and platforms built for our temporary offices so that Habitat for Humanity could re-design them as ramps for disabled people. And the Mennonite Disaster Service alone sent more than 1,000 volunteers here to help people get their lives back in order.

The flood of compassion and dedication that came our way — and the spirit it left with us — has exceeded the force of the 500-year storm flood.

Just because the flood of 1999 was considered a 500-year flood, however, does not mean it won't happen for another 500 years. Our dams and dikes and riverbanks may be better reinforced today than they were three years ago, but we all know that nature takes its own course and follows its own schedule. Electric cooperatives continually advise members to take the time to examine their own safety precautions, especially this season when hurricanes are most likely to form. Please look around your house and outbuildings, your farm and business facilities, your vehicles and personal property, and seriously prepare your family and co-workers for severe weather.

When a storm does come —- and you know it will – use common sense when you go out to straighten things. And please report to your cooperative any damage you notice to electrical lines and poles. Don't try to straighten them out yourself.

One lesson we all learn from a disaster is how willing we are to help those around us. Another lesson is that we must protect ourselves and those around us for what may happen next.

Eddie Stocks is manager of marketing and member services for Edgecombe-Martin County EMC, the cooperative based in Torboro that serves more than 11,000 members in Edgecombe, Martin, Nash, Pitt, Beaufort, Bertie, Halifax and Wilson counties.

What was that blue ball of light?

Kermit Wall

I grew up on a farm in the northwest corner of Wayne County on Bolden Creek. In the spring of 1947, just as the sun set, my older brother and I were pulling straw from a hay stack that stood next to an old country graveyard to feed mules. I was facing west.

When I looked up, I saw a large, bright blue ball of light coming toward us from across the field. It was moving slow, going in a straight line just above the tree tops. It came so close to my brother and me that if I'd had my pa's gun, I could have hit it.

My dad was down at the barn milking the cow. He told us later that he, too, had seen it as it sailed over Bolden Creek.

I don't know what it was. Some of the old folks call them "Jack-O-Lanterns."

Kermit Wall's illustration of the ball of light.

I built my home where the barnyard used to be. The old pack house is still there. It's called the Blue Barn now. The barn is decorated with paintings that date back to the Forties. We have live music every Saturday night for senior citizens. I've been a bluegrass banjo picker for many years. I have a band called the Bolden Creek Bandits. We are four miles east of Kenly, six miles west of Fremont, just off 222 highway on Ashville Road.

Kermit Wall
Kenly
Tri-County EMC

How to help find a cure

I got my Carolina Country magazine today and opened it up to see a beautiful picture of my nephew, Justin Lloyd, a volunteer for the Children's Miracle Network and a cystic fibrosis patient at Duke ["First Person," June 2002]. Isn't he adorable? He's been that way since he was born. He can't help it, he got it from his mom.

Children's Miracle Network
hospitals helping kids

I met his mother, Jennifer, when she was 7 years old. Long brown wavy hair. Big brown eyes and a smile that just went through to your soul. At the time, I didn't know anything was wrong with her, and that's the way she liked it. She wanted to be normal just like all the other kids. Regardless of her cystic fibrosis, she grew into a vivacious, high-spirited, beautiful young woman. She loved life, she loved her family, and she loved Justin with all her heart.

I watched Jennifer go from a very busy, happy child to a young woman that had to fight for every day that she was here just so she could see Justin one more time. But in the end, there was no cure for her and we lost her. Justin's grandparents lost their only child and Justin lost his mom.

My plea to anyone who reads this is to think about how healthy your own children are. When you see one of those balloons for Children's Miracle Network in the stores, pledge $1 for your healthy child, and sister, and aunt, and cousin, and mother, etc. Be thankful for your healthy family by donating to this worthy cause.

I can't close this letter without making a plea for my own 9-year-old daughter, Megan (Justin's cousin), who has had type 1 diabetes since the age of two. She gets four to five insulin shots a day and has to test her blood sugars six to seven times a day. My personal prayer is that a cure is found for type 1 diabetes and cystic fibrosis. Megan always asks when is she going to be cured? When is Justin going to be cured?

I can't imagine what it would be like to tell my daughter that they've found a cure for type 1 diabetes. I pray with all my heart that I get that chance one day very soon. And I know Justin and his grandparents are waiting to hear those words, too. Hug your kids and tell them you love them, and then make a donation.

Debby Wiggins
Youngsville

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What Children Will Say

There's always more

When my daughter was 3½, we were going to her Granny's for a visit. Upon arriving we saw that my mother-in-law had fallen trying to walk down the driveway to her mail box. I helped her up and inside.

The next day my daughter recalled the incident and asked me, "Why did my nanny fall down?"

I replied, "She just lost her balance," not wanting to worry my daughter.

She answered saying, "It's OK, Mama. She'll get another one."

Terri Reynolds
Princeton

Tree hugger

I was trying to tie a vine to a tree in my yard so the vine would grow up the tree. As I was wrapping my arms around the tree, my grandson, Josh Ford, was nearby and asked me, "Nanny, why are you hugging that tree?"

Chloma T. Yount
Lenoir

Celia in motion

This is how our granddaughter, Celia Thomas (age 2) looked going down a slide at the Birkdale Park playground.

Sheryl Poplstein
Huntersville
EnergyUnited

Scenes from Mountain Park

We took this picture of a hornet nest that was on the wall of an old shed in a beautiful part of Mountain Park, Surry County.

Across the road is a breathtaking view of an old mill, the river, millpond and waterfalls. My great-grandfather, Joe Norman, worked this old mill. There is a sign on the mill that says Kapps Mill 1827.

Ducks and geese live here, and deer drink from the river. Our children come here to feed them the end pieces of bread. In summer we get our feet wet.

A drive or walk down to this spot could act as an anti-depressant for anyone. I lose all thoughts of worry when I am here. It is so relaxing and makes me realize what the Lord is capable of.

Melissa Culler
Elkin
Surry-Yadkin EMC

This bloomin' tractor won't run!

Christy Martin
Matthews

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North Carolina's
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State utilities propose a system for consumers to support renewable energy resource development

North Carolina energy interests are developing a means for consumers to assist in the development of renewable energy resources.

If approved, the program called NC GreenPower would allow consumers individually and voluntarily to make an additional payments in their electricity bill to help their electric utility to acquire power generated by renewable resources. The "green power" resources include wind, solar energy, water and biomass.

Coordinating NC GreenPower is Advanced Energy, a 22-year-old nonprofit corporation based in Raleigh that is jointly supported in research and productivity programs by the state's electric utilities, including electric cooperatives. In late May, Advanced Energy submitted the NC GreenPower plan to the North Carolina Utilities Commission seeking its approval of plan details. The Utilities Commission will seek public comment on the program before it issues its decision.

Some of the state's Touchstone Energy cooperatives have pledged their support for the NC GreenPower program and will be contacting their members regarding its implementation if the program is approved.

North Carolina would be first among state's nationwide to implement this kind of "green pricing" program.

NC GreenPower is designed to create a market and an incentive for companies to develop and sell "green power." Current market conditions make it too expensive for companies to develop and sell such alternative sources of electricity profitably. Electricity customers could elect to pay an extra $4 a month for blocks of electricity produced from renewable resources. The electric utilities would agree to purchase that amount of electricity from North Carolina companies that produce electricity from renewable resources.

The voluntary premiums would be used to offset the higher costs of developing and producing such power. Advanced Energy would disburse the funds using a formula designed to promote such facilities. It also would help keep some current producers - mostly hydroelectric energy producers - in business. The state currently has minimal sources of solar and wind power, two of the most desirable for long-term use. The NC GreenPower program would focus, in particular, on promoting the development and use of these renewable resources.

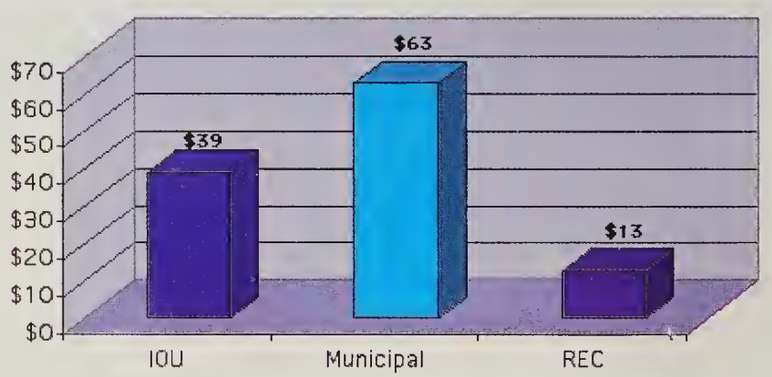
The proposal culminates more than a year of work by a broad spectrum of stakeholders, including cooperatives, invited by Advanced Energy to help craft a green power pricing plan. Once the program is approved, the existing advisory committee will help market it and continue advising on its implementation. Advanced Energy will form a separate nonprofit entity named NC GreenPower to administer the program.

Photography by John Clagett

At work in Washington

Directors and managers of North Carolina's Touchstone Energy cooperatives met with Congressional representatives in Washington, D.C. in May to discuss issues that affect the cooperatives and their communities. Shown here are (top, at head of table) Rep. Walter B. Jones of Farmville (R-3rd District) and Rep. Robin Hayes of Concord (R-8th District).

Rural Electric Cooperatives Receive the Least Federal Assistance



Total Federal Assistance per Consumer

All electric utilities receive federal subsidies in one form or another. Calculations based on federal governement financial reports show that rural electric cooperatives receive the least amount of subsidy per consumer. This is in spite of the fact that RECs serve only 6.6 consumers per mile of line compared to 34 for IOUs and 44 for city-owned utilities.

Source: 2000 DOE Energy Information Administration

North Carolina government leaders support Yucca Mountain project

With the support of key government leaders in North Carolina, U.S. Representative Richard Burr of Winston-Salem voted in favor of creating a single permanent repository for U.S. nuclear waste. The legislation passed in the House this spring by a vote of 306-117.

"North Carolinians on both side of the aisle agree that Yucca Mountain is the most scientifically sound place in our country to store nuclear waste," said Burr, who is also vice-chairman of the Energy and Commerce Committee. "By passing this resolution we are one step closer to a permanent, safe, and secure site for disposal of spent nuclear fuel."

In a letter to President Bush, North Carolina Gov. Mike Easley said, "It seems clear that this option is far superior to continued temporary storage. North Carolina has accumulated 2,248 metric tons of spent nuclear fuel at its existing nuclear plant sites. In order to move beyond this temporary solution, it is imperative that progress be maintained on the evaluation of the Yucca Mountain site."

Electricity ratepayers across America were required to pay into a Nuclear Waste Fund to support a selection process for a waste site. According to the Department of Energy, over $1.5 billion has been contributed to the fund by North Carolina retail electric ratepayers, the second largest payment of any state. North Carolina's electric utilities generate more than one-third of the state's energy using nuclear power. Touchstone Energy co-ops own a portion of the Catawba Nuclear Station in South Carolina.

Jeopardizing nuclear power, Burr said, "will almost certainly drive up the cost of electricity, creating new hardships on our already beleaguered manufacturing base in North Carolina."

Rep. Burr is an original co-sponsor of the resolution to approve Yucca Mountain as a permanent site for nuclear waste.

Rep. Richard Burr (center) met last May in Washington with leaders of North Carolina's Touchstone Energy cooperatives. Here he talks with R.B. Slaan Jr. of EnergyUnited (left) and Gary A. Whitener of Rutherford EMC.

National co-op association supports Senate version of an energy bill

Electric cooperatives indicated support for the U.S. Senate energy bill called the Energy Policy Act which passed by an 88-11 vote in late April. The bill was headed for a joint conference committee as Carolina Country went to press. The conference committee was expected to discuss differences between the Senate bill and the bill that passed the House last fall.

"The Senate passed an energy bill containing an electricity title that consumer-owned electric cooperatives can support," said Glenn English, chief executive officer of the National Rural Electric Cooperative Association (NRECA).

One of the most beneficial provisions for co-ops will ensure fair treatment of co-ops and their non-profit, tax-exempt status during restructuring of the electric utility industry, according to NRECA.

Also, the Senate bill has language that will protect consumers from the market power of large electric utility mergers that could result in higher electric rates for consumers, NRECA reports.

Much of the controversy and prolonged debate in the Senate centered on drilling in the Arctic National Wildlife Refuge (ANWR), one of the centerpieces of the Republican energy proposal. The House bill allows for drilling in the ANWR, which most commentators expect to give rise again to intense debate.

— Electric Co-op Today

"What is a cooperative?"

Cooperatives worldwide function within the same principles. They are businesses that operate for the benefit of their members, instead of for financial profit. They abide by a common set of values and by seven principles. Each month, Carolina Country will describe one of the principles.

Principle No. 5: Education, Training and Information — Cooperatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

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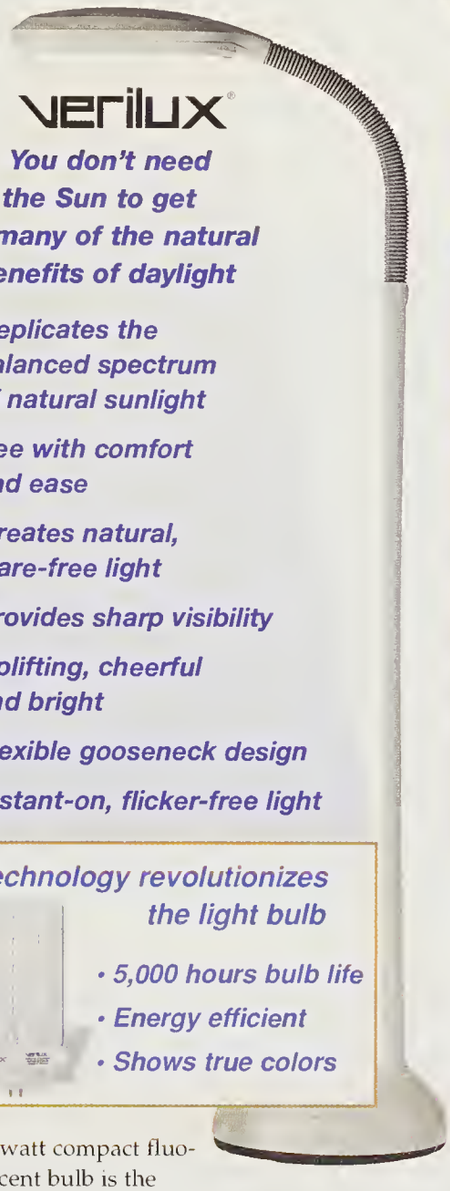
...and when you need a good source of light for close-up tasks.

The VERILUX® HappyEyes® Floor Lamp will change the way you see and feel about your living or work spaces. Studies show that sunshine can lift your mood and your energy levels, but as we all know the sun, unfortunately, does not always shine. So to bring the benefits of natural daylight indoors, VERILUX, The Healthy Lighting Company™, created the VERILUX HappyEyes Floor Lamp that simulates the balanced spectrum of daylight. You will see with more comfort and ease as this lamp provides sharp visibility for close tasks and reduces eyestrain. Its 27-watt compact fluorescent bulb is the equivalent to a 150-watt ordinary light bulb. This makes it perfect for activities such as reading, writing, sewing and needlepoint, and especially for aging eyes. For artists, the VERILUX HappyEyes Floor Lamp can bring a source of natural light into a studio, and show the true colors of a work. This lamp has a flexible gooseneck design for maximum efficiency, and an "Instant On" switch that is flicker-free. The high fidelity electronics, ergonomically correct design, and bulb that lasts five times longer than an ordinary bulb make this product a must-see.



You don't need the Sun to get many of the natural benefits of daylight

- **Replicates the balanced spectrum of natural sunlight**
- **See with comfort and ease**
- **Creates natural, glare-free light**
- **Provides sharp visibility**
- **Uplifting, cheerful and bright**
- **Flexible gooseneck design**
- **Instant-on, flicker-free light**

Technology revolutionizes the light bulb

- **5,000 hours bulb life**
- **Energy efficient**
- **Shows true colors**

This light can change the way you live and work

I love it! Reading is so much easier on my eyes. It's also great for doing crafts. The lamp's light weight allows me to bring it anywhere.
—Karen R. CA

It really brightens up my office, Thank you.
—Jan L. GA

I use my compnter all the time and WOW what a difference. I just put it up and I can see!
—Kathy N. CA

It is really nice and eliminates the glare!
—Nita P. CA

It is a nice sunny product for a windowless office.
—Edith L. NJ

Try this manufacturer direct special offer. The VERILUX HappyEyes Floor Lamp comes with a one-year manufacturer's limited warranty and TechnoScout's exclusive home trial. Try this product for 30 days and return it for the full purchase price if not satisfied, less shipping and handling.

VERILUX® HappyEyes® Floor Lamp
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Please mention source code 22886.

For fastest service, call toll-free 24 hours a day

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Storm Watch

How to prepare your family and property for severe weather

Outside

1. Trim dead or weak branches from surrounding trees. Do not leave them for curbside pickup during a storm watch.

2. Moor boat securely, store it upside down against a wall or move it to a safer place. Remove canvas. Anchor a boat trailer with strong rope.

3. Protect your windows with custom-fit shutters or 5/8-inch plywood. Check with your local building inspector.

4. Keep roof drains clear.

5. If you live in a flood-prone area, elevate or move structures to higher ground.

6. Bring indoors objects that may be blown or swept away, such as lawn furniture, trash cans, children's toys, garden equipment, clotheslines and hanging plants.

7. Lower water level in pool 6 inches. Add extra chlorine. Turn off electricity to pool equipment and wrap up any exposed filter pumps with a waterproof covering.

8. Plan how to take care of your pets. Leave them with a friend. If you must evacuate, it is best to take your pets with you, but most shelters will not allow them. Large animals in barns should have plenty of food and water.

9. If a storm is pending, fuel your vehicle.

10. Keep a smaller Disaster Supplies Kit (see next page) in the trunk of each car.

11. Keep sliding glass doors wedged shut in high wind.

12. If you use a portable generator, make sure you know what loads it can handle, including start-up wattage. If you connect the generator to household circuit, you must have a double-pole, double-throw transfer switch installed between the generator and outside power, or the "back-feed" could seriously harm or kill utility line workers.

13. Remove outdoor antennas, after unplugging televisions.

Inside

14. Store valuables in a waterproof container at the highest point in your home.

15. Make two photocopies of vital documents and keep the originals in a safe deposit box. Keep one copy in a safe place in the house, and give the second copy to someone out-of-town. Vital documents include birth and marriage certificates, tax records, credit card numbers, financial records, wills and trusts.

16. Install smoke alarms on each level of your home, especially near bedrooms. Use the test button to test them once a month. Replace batteries at least once a year

17. If a family member relies on life-support equipment, make sure your electric cooperative knows ahead of time.

18. Fill bathtubs, sinks, and jugs with clean water in case water becomes contaminated.

19. Pick a "safe" room in the house, usually a first-floor interior hallway, room or closet without windows.

Resource information

Federal Emergency Management Agency (FEMA)
500 C Street, SW
Washington, D.C. 20472
Phone: (800) 480-2520
www.fema.gov

American Red Cross
Attn: Public Inquiry Office
431 18th Street, NW
Washington, D.C. 20006
Phone: (202) 639-3520
www.redcross.org

20. **Plan home escape routes. Find two ways out of** each room.

21. **Check and protect objects that could cause harm** during a bad storm: bookshelf, hanging pictures, gas appliances, chemicals.

22. **Write and videotape an inventory of your home,** garage, and surrounding property. Include information such as serial numbers, make and model numbers, physical descriptions, and price of purchases (receipts, if possible). Store a copy somewhere away from home, such as in a safe deposit box.

23. **Keep a portable, battery-operated radio or television** and extra batteries.

24. **Post emergency telephone numbers.**

25. **Show adult family members where your fire extinguishers** are and how they work.

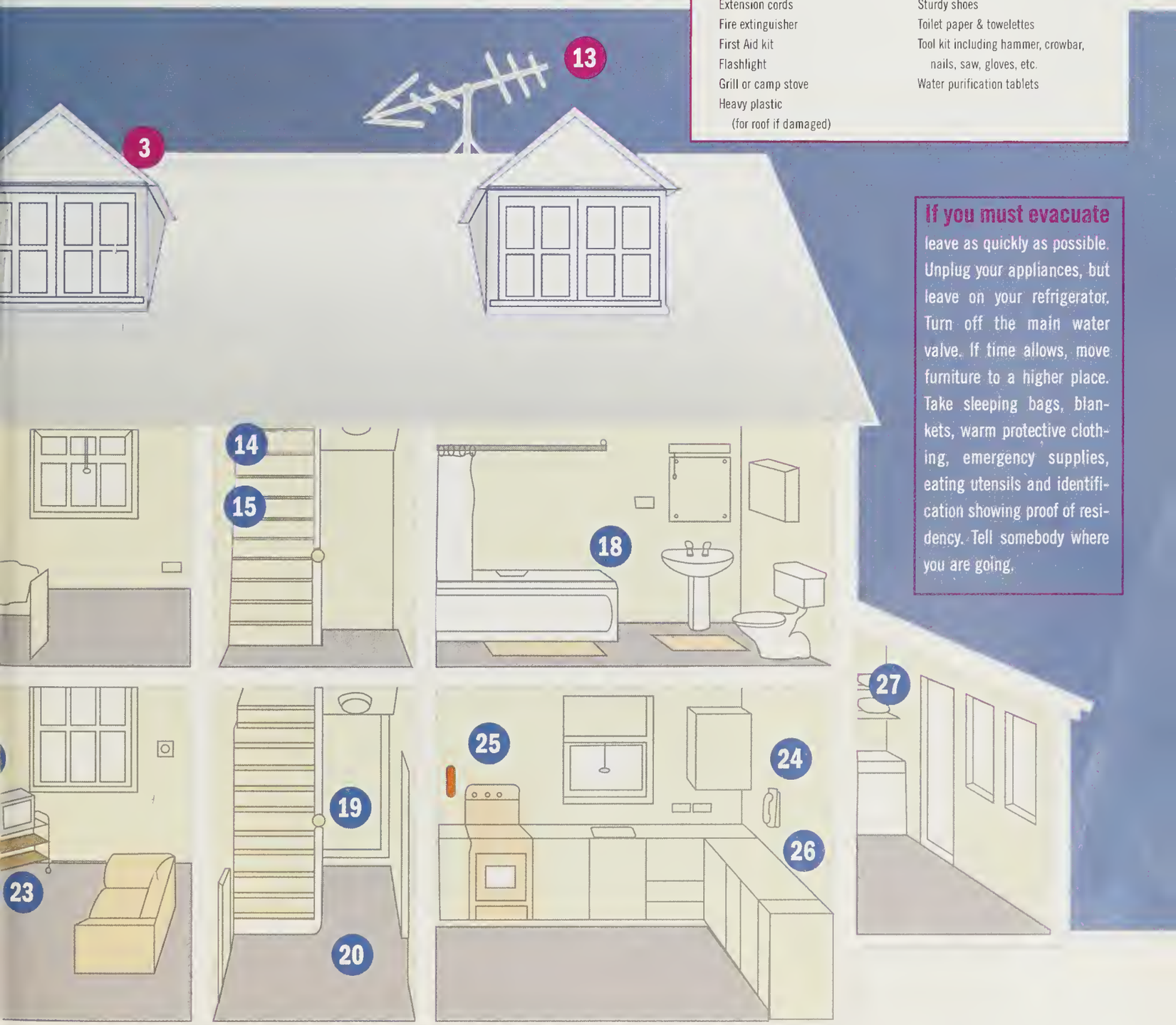
26. **Make a plan for family members to reunite if** separated (if children are at school and adults are at work). Designate an out-of-state relative or friend as a contact person and make sure everybody in the family knows how to reach the person.

27. **Teach all responsible family members how and when** to turn off the water, gas, and electricity at the main switches or valves. Keep a wrench near gas and water shut-off valves. Turn off utilities only if you suspect a leak or damaged lines, or if you are instructed to do so by authorities.

A Disaster Supply Kit (recommended by the American Red Cross)

Have enough disaster supplies for 2 weeks ready. Keep items in airtight plastic bags. Replace stored food and water every six months. Rethink your kit and family needs at least once a year. (Replace batteries, update clothes, etc.) Ask your physician or pharmacist about storing prescription medications.

- Emergency food & drinking water
- At least one change of clothes
- Baby food, diapers & formula
- Batteries
- Bleach (without lemon or additives)
- Books, magazines, cards & games
- Butane lighters
- Cash & credit cards
- Camera & film
- Car keys.
- Charcoal & lighter fluid
- Clock (non-electric)
- Cooler (with ice)
- Duct & masking tape
- Extension cords
- Fire extinguisher
- First Aid kit
- Flashlight
- Grill or camp stove
- Heavy plastic (for roof if damaged)
- Lantern with extra fuel
- Manual can opener
- Matches
- Medicines, glasses or contact lens supplies
- Mosquito repellent
- Personal identification.
- Pet food
- Phone numbers of places you could go.
- Plastic trash bags
- Radio (battery-operated) or TV
- Rope (100 ft.)
- Sleeping bags, pillows & blankets
- Soap & shampoo
- Sturdy shoes
- Toilet paper & towelettes
- Tool kit including hammer, crowbar, nails, saw, gloves, etc.
- Water purification tablets

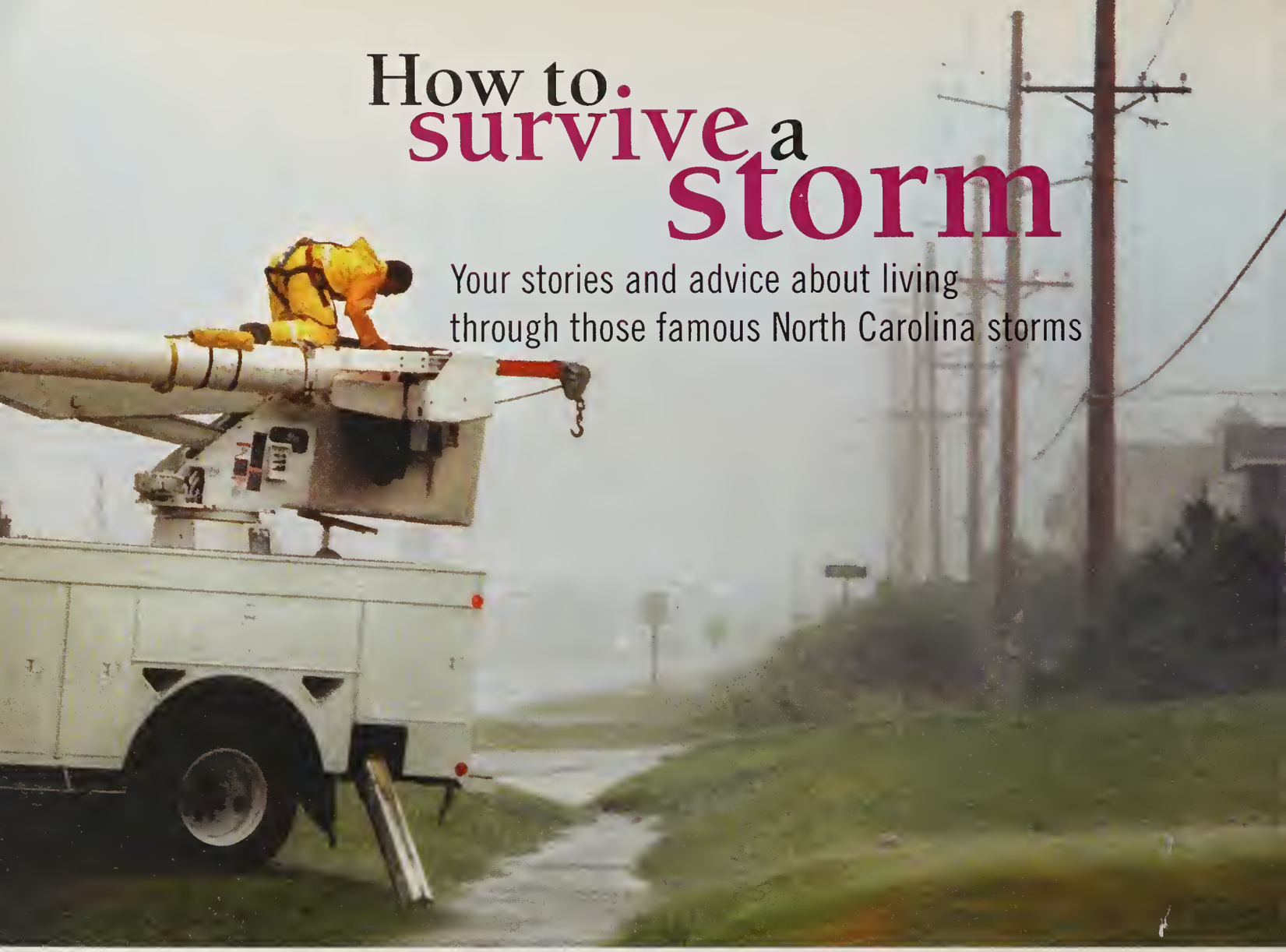


If you must evacuate

leave as quickly as possible. Unplug your appliances, but leave on your refrigerator. Turn off the main water valve. If time allows, move furniture to a higher place. Take sleeping bags, blankets, warm protective clothing, emergency supplies, eating utensils and identification showing proof of residency. Tell somebody where you are going.

How to survive a storm

Your stories and advice about living through those famous North Carolina storms



Pray again

My husband died May 1, 1996, and my 7-year-old grandson, Trey, came to spend part of the summer with me. In July, Hurricane Bertha started making her way to the Crystal Coast and we were quite concerned. This was our first experience with a storm of this magnitude. We took the publicized advice and made the necessary preparations to "weather the storm." We were confident that we were ready.

As the storm moved closer, the power failed and we huddled together with our battery radio and flashlights – watching Bertha begin to rage. I told Trey we needed to pray and ask Jesus to protect us during the storm, which we did.

As we sat quietly a giant gust of wind picked up the trampoline (which I didn't think about securing) and tossed it in the treetops. Trey looked at me with his big blue eyes and very seriously said, "Mam-Maw, do you think we could pray again?" We did, and we both felt better.

We weathered the storm, and our faith was strengthened. It is this faith that has seen me through all of the storms of my life, and I am thankful.

Shirley K. Wilson
Cedar Point
Carteret-Craven Electric Cooperative

Avoid a July wedding

I remember it well ... July 24, 1999. I was on the Schiele Museum's Outdoor Nature Trail in Gastonia, standing at the gristmill holding my bouquet and a single gold band. My parents were standing beside me while guests walked down the nature trail and found their seats near the rustic gazebo. Everything was peaceful and even seemed perfect, until 5:15 p.m.

The rain and hail started to fall, wind blew, and lightning decorated the sky as thunder boomed. Guests screamed and frantically ran for cover. The water rose so quickly that the babbling brook became a raging river, sending innocent fish and seven chairs to an undetermined location. Daddy wiped my tears and held me close until the storm calmed.

As the bride-to-be, I walked into the museum's lobby at 6:15 p.m. and was greeted by soaked friends, family and by my fiancée, who hugged me and said, "We are getting married today!" The wedding was moved to the auditorium.

My advice is never to plan an outdoor wedding in July – a church wedding doesn't carry as many risks. However, my husband and I are proof that even if it rains on your wedding day, you can still have a life full of sunshine.

Heather Puhl
Morganton
Rutherford EMC

Above photo: A summer gale on Hatteras Island, by Huy Nguyen.

Bring in wood, water and food

It was the deepest snow I've ever seen. I'll never forget the hardships surviving two weeks without electricity.

The house turned into the Arctic. I had no fuel for my Ashley woodstove, so I dragged through a foot of snow to the shed for wood. It was murderous starting a fire with wet wood. I slept under five blankets for the night.

I melted snow on the woodstove for water and longed for a warm bath. I was stranded with only beans and a loaf of bread to eat.

I should've listened to the weather forecast. It was the "storm of the century" in 1993. Snow socked the entire eastern United States. I should've gotten out water, dragged in wood and bought extra groceries.

Power lines dropped to the ground. It was white out, and I was so lonely and isolated from other human beings. I prayed for electricity and feared I might die with my food supply running out. When the power came on, I shouted. Never again will I take for granted the linemen who work so hard to keep our electricity on and provide us with modern conveniences.

Blanche L. Ledford
Hayesville
Blue Ridge Mountain EMC

Seize the moment

The snowstorm of 1993 gave us memories to enjoy. Seize the moment!

My daughter and family had just moved to Cashiers from Georgia. They lived in a small apartment within walking distance of my home on Bull Pen Rd. Company arrived from Georgia during the blizzard. Before long, trees were snapping and power was out. But we had plenty of wood, gas, lamps, etc. I invited them all to dinner. There was one catch. They had to make and wear impromptu costumes, made out of what was available, of course.

What a grand time we had. Lots of laughter and stories. The next day we took long walks and made snow angels, snowmen, even snow dogs, as well as any other fanciful creature we could dream up.

A storm does not have to mean disaster. We still talk about our costume party.

Mary Cole
Cashiers
Haywood EMC

Respect the weather

I will always remember my parents teaching us children the precautions of a storm. We didn't question their wisdom or authority – we just did what we were told. I think these same precautions apply today.

We were to come inside, stay away from windows and doors. We unplugged some electrical appliances, cut off all unnecessary lights, and we were not allowed to bathe until after the storm passed. And for whatever reason, we were to remain together and stay quiet. It was as if my parents had a great deal of respect for storms. We were also taught what to expect from different formations of clouds, a sudden drop in temperatures and excessive winds, especially if they began to change directions.

Don't try to convince yourself or other people that no dangers exist from storms. The concern and danger is there, as is so boldly exhibited by farm animals. They have an awareness of what to expect during storms and the danger involved. God gave them this ability – just as He gave you good common sense. Don't jeopardize yourself by trying to prove you're smarter than either.

Ruth Watson
Mount Airy
Surry-Yadkin EMC

Dave Rowe

The Blizzard of 2000 in Randolph County.

Help your neighbors

I live in one of three homes built side-by-side on Broad Creek near Washington, all owned by women who have lived alone through a rash of hurricanes.

Once warned, there were boats to be anchored, pulled out or tied to trees. We would leave nothing outside to be flooded or blown away. We worked together and shared our ropes, resources, friends, family and muscle. Grace's boat pulled mine to a safe spot to anchor. Patsy's company saved me from panic, as the house became an island surrounded by wind and water. It was the one time we unwisely didn't evacuate.

And when the storm was over, we faced the damage and cleanup, cooked dinner on a woodstove, gave each other comfort and even a place to live while a house was repaired. Sure, there were tears, but there was plenty of laughter, too.

How to survive a storm? Have good neighbors and friends to help you through it.

Judith Luna Meyer
Washington
Tideland EMC

(continued on page 18)

(continued from page 17)

Have a son

The storm that will forever be most memorable in my life is Hurricane Hugo (Sept. 22, 1989).

I remember awakening at 11:45 the night the storm started, and I was in labor with my first child. The strong winds and rain had already begun as we drove to the hospital. It was clearly evident that we were in for a severe storm.

When I arrived at the hospital, they were already using auxiliary power. I was admitted for a c-section, and at 2:55 on Friday morning, Sept. 22, my beautiful son Eric Matthew entered this world.

It never ceases to amaze people when I tell them that my son was born during one of the most severe hurricanes that North Carolina has ever seen. I myself never cease to be amazed at the priceless gift that I received during the most severe storm that I have ever seen.

Ann Wilson
Lexington
EnergyUnited

Trust your electric cooperative

Hurricane Fran in 1996 reminded us of how fortunate we are to have people like South River EMC working for the community. My mother had been home only two days from Wake Med, where she had triple by-pass surgery. We were in dire need of electricity to make her more comfortable. At 2 a.m. (after a call to Freddy Beasley, long-time employee of South River EMC until her recent accident), the Meadow Fire Department provided spotlights for South River EMC to repair the transformer at Unity Church so we would have electricity at my mom's home. This is a late thank you for all those people!

Judy Lee
Newton Grove
South River EMC

Stay with your family

The best way to survive a storm is being with family. Even if the weather is threatening, being with loved ones makes it pass by even quicker.

It was back in 1996 when Fran hit that I learned this. The storm hit the day before my brother's wedding. My mother and father had made it down from Pennsylvania, and we were expecting my aunt and grandmother that night. The storm hit early and they ended up caught in the middle of it. I'm glad to say they made it even in the pouring rain and extreme winds.

My mother was supposed to bake the wedding cake. She started to, then we lost power and the cake was ruined. Everyone had to take cold showers the next morning, but we made it to the wedding anyway. And we all lived happily ever after.

I'll never forget that storm and the damage it caused, but it's also a family memory we will share and laugh about for years. The ironic thing is we did the same thing the night before my wedding when Bonnie hit – but that's another story.

Michelle Frary
Broadway
Central EMC

Matt Vernon

Wake County after Hurricane Fran, September 1996.

Seek shelter

Many Carolinians remember Hurricane Hazel. Hazel hit the Carolinas in 1954 and was classified as a Level 3 storm with winds reaching over 100 mph. One of the worst hurricanes to hit the Carolina area, Hazel left behind damaged homes, businesses and many fatalities. My husband and I remember the hurricane well because we were two survivors of the storm.

We were on a road trip, traveling from Laurinburg to Florida, when the storm touched down. Back then, no one in our area had experienced a hurricane, including us. We were unaware of what the storm could do so we kept traveling. It started to rain really hard, and my husband, who was driving, could barely see the road. Heavy winds started to sway the car from side to side. We tried to pull over but almost wrecked into an oncoming car. I was so scared, I started praying. Finally we sought shelter at a nearby gas station. We had survived the storm unscathed.

My advice to anyone if there's a storm headed your way, don't ignore the warnings and stay inside. If you're caught in a storm, try to seek shelter, rely on the power of prayer, and remember around every dark cloud there's a silver lining.

Pauline Pate
Laurel Hill
Pee Dee EMC

Rhyme the time away

The adventure begins with a trip to Super Wal-Mart. While you're in the parking lot, better grab your cart.

Pick up the required milk and bread, while visions of homemade soup dance in your head.

Don't forget the hot chocolate and marshmallows. You'll need popcorn and cookies to fill up your fellows.

Fill up the wood box all safe and dry. Grease up your sled runners so you can fly.

Gather together all the neighborhood children and slide till they tire. Go home eat some soup, drink some cocoa and warm your feet by the fire.

At dark there's a bonfire and more sledding on tap. Then go again for a long winter's nap.

All this is possible because of our

co-op. They begin at dawn and they never stop.

Our lights never went out, not even flickering. So we can be warm and have fun without bickering.

Laurieann Davis
Carthage
Central EMC

Use your imagination

As a child, the books of Laura Ingalls Wilder were my favorite. In these books, the Wilders grew their own food and cooked it on a woodstove from scratch. The concept of cooking on a woodstove was intriguing to me and something I always wanted to try. As a third-grader during the blizzard of 1993, I got that chance.

On a Friday night, it started to snow. Excited and happy, I went to bed hoping not to go to school the next day. However, excitement turned to unease as I awoke to my grandmother staring out my bedroom window and to the howl of wind unlike I had ever heard before. She explained that our power was out and that my grandfather was slowly on his way to get a lantern from the boatshed.

The next morning I was very upset because of the power situation. This meant no television and I couldn't see in the hallway to get a book off the bookshelf. I sulked impatiently waiting for the lights to flicker.

The attitude continued until my grandmother came up with a solution to cooking supper. We would cook it on the fireplace, I was thrilled. For the next five days I entertained myself through my imagination that I was Laura Ingalls Wilder and that I lived in a warm little house. And I helped cook our food on a woodstove.

Haley Michelle Ammons
Union Mills
Rutherford EMC

Matt Vernon

Recovering from Hurricane Fran in 1996.

The rest is replaceable

There are natural storms like tornados, thunderstorms, hailstorms, hurricanes, typhoons and tropical storms. And there are personal storms that occur as fast as natural storms and sometimes with no warning at all.

Heidi Smith

After Hurricane Bonnie on the Outer Banks in August 1998.

I was 8 years old when Hurricane Hugo hit my hometown of Conway, S.C. It was 11 p.m. when my sister, brother and I were huddled together in the bathtub of our home while my mom, dad and uncle were holding on to the roof of my mom's Camaro that was under the carport outside.

When the storm passed my mom told us we could come out and stretch our legs. I asked her what she was doing. She explained calmly and ended with, "Honey, when ANY storm comes, keep your head clear and covered and secure your family. The rest is replaceable." I guess she figured that Camaro as one of her children.

Now I am grown and have a family of my own. I have adopted that explanation to help me deal with anything that comes our way, whether it be a natural storm or a personal one. And I remember, "Honey, keep your head clear and covered, secure your family, the rest is replaceable."

April Semones
Dobson
Surry-Yadkin EMC

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Earn $50.

Here ore the themes in our "Nothing Could Be Finer" series. Send us your stories ond pictures. You don't have to be the best writer. Just tell it from your heort.

September 2002
"My Fovorite Photo."
Our onnuol photo gollery.
Deodline: July 15

October 2002
"How I Leorned to Drive."
How good wos the teocher, reolly?
Deodline: August 15

November 2002
"The Dumbest Thing I Ever Did."
And the lesson you leorned ofterwards.
Deodline: Sept. 15

December 2002
"Advice for Getting Older."
How con we oge grocefully?
Deodline: Oct. 15

The Rules

1. Approximotely 200 words or less.
2. Only one entry per household per month.
3. Photos ore welcome. Digitol photos must be 300 dpi ond octuol size.
4. E-moil or typed, if possible. Otherwise, moke it legible.
5. Include your name, electric co-op, moiling oddress ond phone number.
6. If you wont your entry returned, pleose include o self-oddressed, stomped envelope. (We will not return others.)
7. We poy $50 for eoch submission published.
8. We will post on our Web site more entries thon we publish, but con't poy for those submissions. (Let us know if you don't ogree to this.)
9. Send to Nothing Finer, Corolino Country, 3400 Sumner Blvd., Roleigh, NC 27616. Or by e-moil: carolina.country@ncemcs.com. Or through the Web site: www.carolinacountry.com

The North Carolina Disaster Reserves

People offering their skills to help communities recover

After a major rainstorm struck in the Madison County mountains last August and washed out roads and bridges, the state's Division of Emergency Management (NCEM), as usual, responded immediately to assist local officials and agencies in recovery work. But the Madison County response included something new: private citizens were on site to lend their expertise to the recovery.

The experts included people experienced in road and bridge maintenance and engineering. They are called "Disaster Reservists," part of a new emergency response program in North Carolina intended to augment the efficiency of helping communities repair damages after a disaster.

Disaster Reservists — like members of the Army Reserves — are on call for duty in times of emergency. They typically are retired professionals and specialists — or independent experts — who can respond within 48 hours to help in a recovery effort that may last a few days or even a few weeks. Those with experience in government, insurance, infrastructure and utility disaster recovery are especially qualified. A new human services component will include people who can provide assistance to individuals, families, farmers and businesses that have been affected by disaster events.

Officially, they are temporary state employees and are paid by the state government for their time. Compensation is based on state pay rates and may be commensurate with a person's experience and training. They are not paid for time spent in training, except for standard travel expenses. State government contributes to FICA social security and Medicare, workers compensation, and unemployment compensation, but no other benefits.

To become a Disaster Reservist, applicants are screened and trained both in general response skills and those specific to their field. So far, more than 50 North Carolinians have been enrolled in the program.

Groups or agencies with members who have applicable skills may also participate in the program by special arrangement.

"Although it's a program still in its infancy, the Disaster Reservist Team has already put the state in the best possible position regarding staffing for future disasters," says NCEM's Chuck Ellstrom, deputy chief of operations for the Public Assistance section. "The high caliber of people we have attracted so far definitely fits our need to have a team of emergency management experts available to the state on an as-needed basis."

Victoria L. Matthews, the Disaster Reservist Program coordinator, has worked in state government for 19 years and is encouraged by the program's progress.

"Since September 11, responsibility, service and citizenship mean so much more to so many of us," she said. "This program is win-win for everyone involved. The citizens of this state will receive a better delivery of service, and the Reservists themselves receive an hourly wage as well as giving back to the community."

Help Wanted

Following is a list of the positions needed in the Disaster Reservist Program (part of the NCEM Public Assistance section).

- Architect Bridge Maintenance
- Supervisor
- Building Contractor/Developer
- Damage Assessment Specialist
- Data Entry Clerk
- Electrical Specialist
- Environmental Specialist
- Grants Manager
- Historical Specialist
- Insurance Specialist
- Public Works Engineer
- Public Works Specialist
- Road Maintenance Engineer

The Human Services job descriptions are in the development stage. Services are expected to include help with loans and grants, temporary housing, tax relief, legal services, crisis counseling and unemployment assistance. Helpful skills include: ability to work in a multi-cultural environment, work long hours under pressure in a rapidly changing environment, good communication skills, problem solving and resourcefulness.

Contact the Disaster Reservist Program

To request an application or for more information:

Disaster Reservist Program
N.C. Division of Emergency Management
4716 Mail Service Center
Raleigh, NC 27699-4716

Web site: www.ncem.org/PA

Program coordinator: Victoria Matthews, (919) 715-8000, ext 294.
Email: vmatthews@nccem.org

Avoiding online auction fraud

How are you at resisting temptation?

Imagine a scenario where you can lie, cheat and steal virtually carte blanche, where a sucker and his money are always being parted, where your actions are limited only by your ethics or lack of them.

This is one side of the world of online auctions. It's the Wild West out there, huge and still largely ungoverned.

Online auctions are the playing field of the conscience. How far will you go in promoting your interests, how dark will you tint the gray as you traverse the expanse that separates and melds truth and falsity into one another?

The good news is that, according to my experience and that of many others, there's far, far more good than evil out there. The bad news is that there's evil out there. This truth may be as old as the hills, but it's a truth you need to keep in mind if you venture into the always fascinating and frequently rewarding realm of online auctions.

The big three online auction houses are eBay (www.ebay.com), Yahoo Auctions (http://auctions.yahoo.com), and Amazon.com Auctions (http://auctions.amazon.com), with eBay being far larger than Yahoo Auctions and Amazon.com Auctions combined.

eBay contends that the rate of auction fraud on its service is very low. It says that only one "confirmed" fraud occurs per 40,000 eBay listings. That is indeed a low rate — 0.0025 percent.

The FBI, on the other hand, contends that the figure is much higher. As a part of its "Operation Cyber Loss" project, it determined that the rate of online auction fraud is about one in 100, or 1 percent. This is a very high rate of fraud, a whopping 400 times higher than what eBay contends.

The FBI's figure is the one to believe. eBay, whose earnings soared again in its latest quarter, to $47.6 million, is very reluctant to intervene in individual auctions, describing its service as merely a venue that brings buyers and sellers together. Its policy is that it won't interfere with the auction of a blatantly counterfeit collectible, for instance, unless it's contacted first by law enforcement authorities.

All the online auction services provide buyers and sellers with some protection against fraud. The most powerful is "feedback" — a way for participants in a transaction to rate one another and for others to see those ratings.

But the ratings are always skewed positively, since leaving someone with negative feedback opens you up to receiving retaliatory negative feedback in return, and most people are reluctant to risk tarnishing their feedback record this way. Still, a large percentage of negative feedbacks is a clear signal to stay away from a particular buyer or seller.

You should also avoid buying a big-ticket item from a seller with few feedbacks. But buying a more expensive item from a seller with many feedbacks can also be risky.

One trick that scammers use is to sell a number of low-cost items to build up positive feedback, then auction off a big-ticket item and skip town, virtually or otherwise, without sending it. It's always best when buying an expensive item to make sure that the seller has sold similar items in the past.

Mike Woodard Sr. of Easthampton, Mass., recently paid $300 for a set of old silver dollars through an eBay auction, only to have the seller not deliver. Too often victims in these situations chalk it up as a learning experience — most online auction frauds go unreported — but Woodard took action.

He contacted his local police department, who unlike most has a new Internet fraud department. After Woodard presented his evidence, his police department contacted the police department local to the seller, who was from out of state. The seller was arrested and pleaded guilty, and Woodard is now awaiting restitution.

More frequently, abuses arise when sellers misdescribe their items, exaggerating positives and ignoring negatives. The overpositive spin has always been a part of advertising practices, and it's easy for sellers to get caught up in this even when they're not intending to deceive.

You should ask the seller for clarification beforehand if you have any doubts and refuse to bid if you don't get a satisfactory answer.

Ultimately, with online auctions, knowledge is power. Arm yourself with information like this, and you'll greatly lessen your chances of getting duped. You can find more at the following Web sites:

Auction Watch's Tips and Tactics
www.auctionwatch.com/awdaily/tipsandtactics/index2.html

Internet Fraud Complaint Center's Fraud Tips
www1.ifccfbi.gov/strategy/fraudtips.asp

The Federal Trade Commission's "Internet Auctions: A Guide for Buyers and Sellers."
www.ftc.gov/bcp/menu-internet.htm

Reid Goldsborough is a syndicated columnist and author of the book "Straight Talk About the Information Superhighway". He can be reached at reidgold@netaxs.com or www.netaxs.com/~reidgold/column.

Walter B. Jones Sr. Center for the Sounds

The center located on the Scuppernong River waterfront in Tyrrell County officially opened in May. It is named for Rep. Walter B. Jones Sr., who was the Congressman for North Carolina's First District from 1966-1992 and chaired the House Merchant Marine and Fisheries Committee. It is one of the newest sites in Columbia highlighting eco-tourism. Besides serving as headquarters for the Pocosin Lakes National Wildlife Refuge, the center has environmental education facilities and exhibits open to the public. There is also a gift shop carrying wildlife-related items.

Contact the Center for the Sounds at 205 South Ludington Drive, Columbia, NC 27925. Phone: (252) 796-3004. Web: http://pocosinlakes.fws.gov/pocosin.html

N.C. WILD store online

Go to http://store.yahoo.com/nc-wildlife/index.html to view the various educational merchandise related to North Carolina wildlife offered by the N.C. WILD store. Order online via the "Shopping Cart" button. All proceeds from the sale of these products help support conservation programs in our state. N.C. WILD products include T-shirts, posters, books, videos, calendars and North Carolina's official Wildlife magazine. Maintained by the North Carolina Wildlife Resources Commission, the site also offers a search engine.

"Joseph Mitchell: Pilgrim in Manhattan"

Fairmont native Joseph Quincy Mitchell's biography by Raymond J. Rundus is available from local bookstores in softcover and hardcover. Mitchell worked for The New Yorker magazine for more than 50 years and his work has been adapted to stage ("Bajour") and screen ("Joe Gould's Secret"). Described as the "the best writer in America" by William Maxwell, Mitchell received the North Carolina Award for Literature in 1984 and was named UNC Bicentennial Alumnus in 1993. His name is also listed in the North Carolina Literary Hall of Fame. The book is published by Xlibris. Phone: (888) 795-4274. Web: www.Xlibris.com

The Orange County Historical Museum

Founded in 1956, the Orange County Historical Museum was housed in the upstairs of an old courthouse until 1983, when it was moved to its current location in the Confederate Memorial Library building, downtown Hillsborough. The museum holds more than 1,500 artifacts dating from 1000 A.D. to present day. It is located about 20 minutes from UNC-Chapel Hill. Its collection showcases objects from the Occaneechi Indians, the Civil War era and the 20th century. There is no admission fee.

The museum is open Tuesday through Saturday, from 11 a.m. to 4 p.m. and Sunday from 1 to 4 p.m. Contact the museum at 201 N. Churton St. Hillsborough, NC 27278. Phone: (919) 732-2201.

The Oconaluftee Indian Village in Cherokee celebrates 50th year

Established in 1952 by the Cherokee Historical Association, the Oconaluftee Indian Village located in Cherokee has invited guests to see the traditional tribal ways of the Eastern Band of Cherokee Indians. The living village also details daily life for the entire Cherokee Nation. Demonstrations include how arrowheads are shaped, baskets are woven and canoes are carved, using cane blowguns, pounding corn, carving fishhooks from bone and stringing beads. Each village re-enactor is a registered member of the tribe, totaling 80 people who "live" in the village.

Admission is $12 for adults and $5 for children (ages 6-13). Discounts available for groups of 15 or more. The Oconaluftee Indian Village is open 9 a.m. to 5:30 p.m. through October 25. Phone: (828) 497-2315 or (828) 497-2111. Web: www.oconalufteevillage.com

Country Store Special:

Here is a use for broken china

"I love it – I finally found a use for my talent for breaking dishes," jokes Jean Overton about her artistic expression: making mosaic art from broken china plates. Overton got her inspiration from watching the Meryl Streep movie "One True Thing," in which Streep saves a piece of plate to put on a table. Overton bought a second-hand table and got everyone in her family to glue on colored tiles at Christmas.

After success with the family table, Overton began scouting local flea markets and yard sales for antique furniture and chipped china that she could purchase cheaply. She then refurbished the furniture by repainting it, gluing broken pieces of china on and grouting the china in place. The finished piece becomes a mosaic or "garden art" piece that can be displayed indoors or out.

Her works include terracotta pots, serving trays, chairs and small tables. Her pieces range in price from $65 to $85.

If you would like to donate china, first contact Jean Overton at 5509 Dunnallie Drive, Fuquay-Varina, N.C. 27526 or call her at (919) 567-1680.

Tobacco Farm Life Museum opens a children's exhibit

Since 1983, the Tobacco Farm Life Museum in Johnston County has showcased the way of life of North Carolina tobacco farmers. Started by local families, the museum's mission is to preserve the history of flue-cured tobacco and its importance in our state. Among its exhibits are a milk house, log tobacco barn, a 100-year-old smokehouse and a restored turn-of-the-century farmstead.

The museum has mounted a new exhibit just for kids, consisting of a play area built to resemble an old farmhouse. Half of the "house" is an open area so that adults may supervise their children as they play with the aprons, kitchen utensils and dress-up clothes in the house. The farmhouse for children also includes farm-themed puzzles and books, as well as a workbench with kid-sized tools.

The museum is open Monday through Saturday, 9:30 a.m. to 5 p.m. Sunday 2 to 5 p.m.

Admission is $3 adults, $2 children (ages K-12), $2 seniors, and children under 2, free. Group tours are available.

Contact the Tobacco Farm Life Museum at Hwy 301, Kenly, NC 27542. Phone: (919) 284-3431. Web: www.tobmuseum.bbnp.com/

Ride the rails

There are three places in North Carolina to set out on a scenic train tour: Great Smoky Mountains Railways in Dillsboro, New Hope Valley Railway in Wake County and The North Carolina Transportation Museum in Spencer.

Great Smoky Mountains Railways offer 3-to-4½-hour excursions to the Tuskasegee River and the Nantahala Gorge. The railways are open year-round, but the train schedule varies with the season. Ticket prices range from $28 to 35 for adults and $14 to $18 for children. Great Smoky Mountains Railways also offer murder mysteries, dinner trains and special events for certain holidays. Phone: (800) 872-4681 or (704) 586-8811 Address: P.O. Box 397, Dillsboro, NC 28725. Web: www.gsmr.com

New Hope Valley Railway offers a one-hour roundtrip between Bonsal and New Hill in southwest Wake County. The trains run the first Sunday of the month from May through November and with special Christmas trains Dec. 7, 8, 14 and 15. Trains depart every hour between noon and 4 p.m. Tickets are $6 for adults and $4 for children 12 and under. New Hope Valley Railways features "Halloween Express" on Oct. 26 for $7. Phone: (919) 362-5416. Address: P.O. Box 40, New Hill, NC 27562. Web: www.nhvry.org

The North Carolina Transportation Museum has diesel and steam-driven locomotives that travel around the museum. Ride time is 30 minutes. Trains run April though December. The museum is open Monday through Saturday, 9 a.m. to 5 p.m. and Sunday 1 to 5 p.m. Tickets for adults are $5 and $4 for children ages 3 to 12. Seniors receive a $1 discount. AAA discounts are also available. Phone: (877) NCTM FUN or (704) 636-2889 Address: 411 S. Salisbury Ave., Spencer, NC. 28159 Web: http://www.ci.salisbury.nc.us/nctrans/

North Carolina's oldest town

North Carolina's first incorporated town, Bath, will mark its 300th year as a town in 2005. The Beaufort County town on the Pamlico River that opened the colony's first public library is also believed to have been the haunt of Edward Teach, a.ka. "Blackbeard the Pirate." You can tour three historic homesteads here: the Bonner House, the Palmer-Marsh House and the Van Der Veer House. Bath is also home to the oldest existing church in the state, St. Thomas Church. Phone: (252) 923-3971. Address: P. O. Box 148, Bath, NC 27808. Web: http://www.pamlico.com/bath/

"Uncle Sam": a new print by Bob Timberlake

North Carolina artist Bob Timberlake has issued a new print with a patriotic theme. "Uncle Sam" is available as a signed release through the Timberlake Galleries in Lexington and Blowing Rock, as well as Timberlake dealers. These limited edition, signed-only reproductions measure 12½-by-20¼ inches. Each is personally signed, has hand-deckled edges and a debossed panel around the image of Bob Timberlake's signature. The print cost $124 plus $15 shipping and tax.

Contact Timberlake Galleries at 1714 East Center Street Extension, Lexington, NC 27292. Phone: (800) 244-0095. Web: www.bobtimberlake.com

Krispy Kreme Donuts: a "hole" lot of history online

In 1937, Vernon Rudolph sold the first Krispy Kreme donut to a local grocery store in Winston-Salem. The donuts became so popular that Rudolph opened his own store in his house by cutting a hole in his wall to sell to customers directly. Learn this and more history about the North Carolina-born pastry that is now available worldwide at www.krispykreme.com. Get the scoop on the featured donut, find Krispy Kreme collectibles or go to the store locator to find a store near you.

Fall foliage reports go online

Leaf viewing reports on the North Carolina mountains will be available online this autumn at www.exploreasheville.com/fall.htm

Starting in September 2002, leaf spotters stationed throughout western North Carolina will provide weekly information on the status of fall foliage in their region of the mountains. The website will also list scenic drives as well as other visitor information for Asheville and surrounding areas. Mount Mitchell (the highest peak east of the Mississippi River) usually has the most extended fall foliage seasons due to its mixture of climates.

Ashville CVB

The Bluebird Monitor's Guide

Bird enthusiasts everywhere enjoy and hope to lure the declining bluebirds to their backyards. North Carolinians have an advantage because bluebirds stay with us all year, and we usually can provide them with the space and habitat that suits them.

A new book from Cornell Bird Library Guide shows how, highlighting a prominent North Carolina bluebird expert.

"The Bluebird Monitor's Guide" features Jack Finch of Bailey, sharing his more than three decades of preserving wild bluebirds and other small cavity nesting backyard birds. Although urbanization has reduced the bluebird population, many anticipate an increase as information increases.

With many other contributors nationwide, the guide offers tips on all facets of birding, including how to attract bluebirds to your yard and how to ensure that nestlings and fledgings return. The book includes information on all 10 cavity-nesting birds most often reported to Cornell Lab of Ornithology.

References and resources throughout the book offer information on bluebird house construction, nesting, predator prevention, feeding, monitoring and housing. The volume includes experts' stories in their own words, describing their successes and some sad failures. They emphasize teaching, especially youngsters, to enjoy nature's annual treat.

Many of the experts quoted are participants in Cornell's Nest Box Network and leaders of the North America Bluebird Society.

Authors are Cynthia Berger, Keith Kridler and Jack Griggs. Berger is former managing editor of Living Bird magazine; Keith Kridler, award-winning author, has been involved with nationwide research on bluebird recovery for many years; and author Jack Griggs is creator of the Cornell Bird Library series, and author of "All the Birds of North America."

Published by HarperResource, the volume contains more than 175 color photos of bluebirds, nestlings, nests, eggs and more. The softcover, 128-page book is available for $14.95.

— Peggy Howe

Feeding Bluebirds

"The Bluebird Monitor's Guide" devotes a section to feeding bluebirds. Author Cynthia Berger notes that bluebirds don't need people to feed them, but some people set out food and feeders so they can enjoy seeing the birds come close. Several creative feeders have been devised for this purpose, including one by Jack Finch of Bailey, which is a modified nest box.

Bluebirds can be attracted to mealworms and berries, especially dogwood berries. You can buy mealworms or grow them yourself. The best dogwood berries come from 25- to 30-year-old flowering yard trees. In most cases, according to Berger, bluebirds must be conditioned to alight on feeders, and the best time to condition them is when they are nesting.

Bluebird Banquet

Mix:
1 cup peanut butter
4 cups yellow cornmeal
1 cup unbleached white or whole-wheat flour

Add:
1 cup fine sunflower seed chips
1 cup peanut hearts (or finely ground nuts)
½ to 1 cup currants (or raisins cut in half)

Drizzle and stir in:
1 cup melted rendered suet

When the mixture cools, it should have a crumbly texture. Add more flour or melted suet if necessary to correct the texture. Refrigerate.

Bluebird Winter Pudding

Reprinted with permission from North Carolina Bluebird Society.

2 quarts water
1 cup margarine
4 cups grits, not instant
1 cup peanut butter
raisins and nuts, optional

Bring margarine and water to boil in large pan. Slowly add grits, stirring and cooking until mixture begins to thicken.

Remove from heat and add peanut butter and other ingredients.

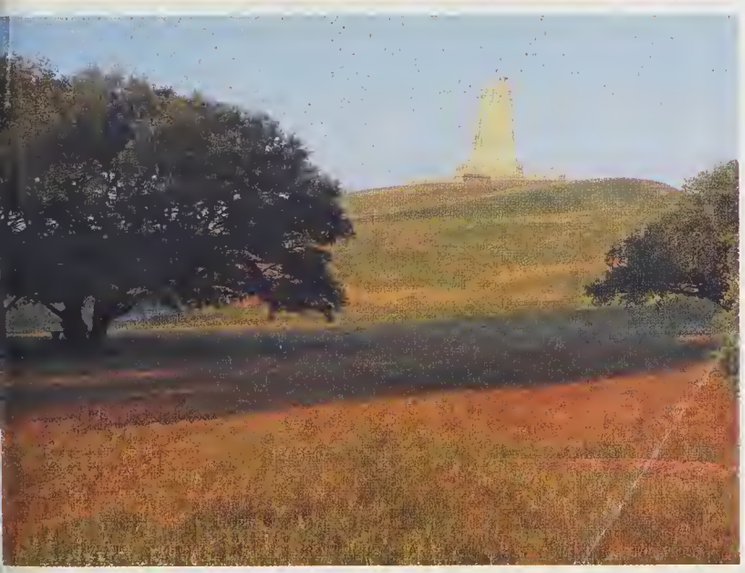
Mix well and place in feeders. Freeze balance in shallow plastic or foil containers for future use.

Resources

- "The Bluebird Monitor's Guide," published by HarperResource, is available through your local bookstore
- The North Carolina Bluebird Society. 22 Bobolink Rd., Jackson Springs, NC 27281. (Memberships are $25)
- Rutherford County Bluebird Club. Box 247, Ellenboro, NC 28040
- Homes for Bluebirds. Box 699, Bailey, NC 27807. (800) 245-4662. E-mail: finchnursery@bbnp.com

Cape Hatteras **National Seashore**

PHOTOGRAPHS BY PETER HORNBY



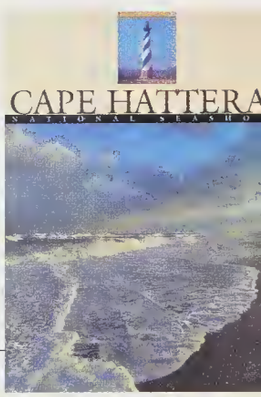
Peter Hornby has photographed the Outer Banks since the 1970s, specializing in scenes that become postcards. The cards are not your supermarket-style postcards, but more like an artist's renderings of the beaches and nearby scenes, many in off-season.

In cooperation with the National Park Service and Eastern National Monument Association, Hornby has published a book entitled, "Cape Hatteras National Seashore," 40 pages of color photographs of places between Oregon Inlet and Ocracoke. The text is by local writer Chris Kidder, with additional photographs by Hatteras Island photographer Michael Halminski.

When he's not at his place in Avon on Hatteras Island, Hornby lives on Maine's southern coast and on England's coast. Lately he has been at work on a book about Winslow Homer, the 19th century American painter, and his 1881-82 visit to England's northeast coast.

Each spring for many years, Peter Hornby has driven his old blue station wago to deliver his postcards to selected northeastern North Carolina and Outer Banks outlets, including museum and gallery shops, Park Service visitor centers and family-owned businesses. You can find the book in the same stores.

Also, you can buy the book from Peter Hornby himself by mail for $6.50 (postage paid). Write him at: P.O. Box 7099, Ocean Park, ME 04063. (He also can be reached at P.O. Box 456, Avon, NC 27915.)



Top to bottom: Bodie Island Lighthouse, Wright Brothers National Memorial, Cape Hatteras Lighthouse.

Directly above: Hornby's book of photographs.

Who holds the *U.S. record* in throwing the javelin, shot put and discus?

{hint: She's also outlasted cancer and heart surgery}

Among athletes, Asheboro's Juanita Brookover is a true standout. She is a North Carolina record holder in five track and field events, a national record holder in two, and she set all these records less than four years into her competitive career. Most recently, she picked up badminton and racquetball in anticipation of competing in those sports.

Juanita Brookover is 87 years old. She is small in stature and looks slightly fragile. She lives at Crossroads Rest and Retirement Village, a seniors' community located outside of Asheboro served by Randolph Electric Membership Corp.

No one would suspect that Juanita Brookover is a powerhouse athlete whom other competitors dread facing.

But this isn't even the extraordinary part of the story. Juanita, who had never played an organized sport in her entire life, is a multiple cancer survivor, having undergone bilateral mastectomies and colon surgery, and she wears a pacemaker, a reminder of the bypass surgery she underwent three years ago.

"I go to the doctor every three months to check my heart and my pacemaker," she says. "I asked him if this could hurt me, because I've had pneumonia and bronchitis, and he said no, it's the only reason I'm alive now. So I am going to keep going as long as [Glenn] will have me."

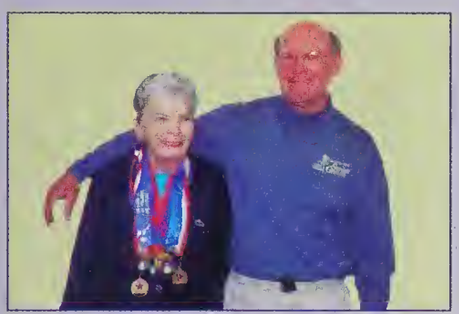
Glenn Dawson, the Wellness Director at the Randolph/Asheboro Y.M.C.A., is Juanita's coach and the man responsible for teaching her the track and field events.

"This is one of the neatest things I've done in a career of being involved in stuff like this," says Glenn of his relationship with Juanita.

For 10 years, Juanita cared round-the-clock for her husband, who suffered from Alzheimer's disease. Following his death in 1997 after 62 years of marriage, she started coming to the Y to fill up her days. When her twice-weekly aerobics class proved less than a challenge, Juanita approached Glenn about other activities she might enjoy.

Story and photos by Patricia Staino

Eighty-seven-year-old Juanita Brookover wields her javelin with authority. Last year, she set national records in both javelin and shot put at the USA Masters Outdoor Track and Field Championships.



Glenn Dawson, Juanita's coach and Wellness Director at the Randolph/ Asheboro Y.M.C.A., takes pride in her accomplishments.

At first Glenn steered her toward a weekly senior volleyball game. But he was impressed by her natural athletic ability and began introducing her to shot put, discus and javelin-throwing.

"These were events I guess she had seen on TV, but she had never even picked up the implements. She had never tried any of these things before," he says. "She played some baseball and softball as a youngster, did some roller-skating as a young mother and a young wife, and then spent the rest of those years with family and then taking care of her husband, and working."

How far can she throw and jump?

Juanita's natural ability was quickly apparent. Competing in standing long jump, softball throw, discus throw, shot put and football throw, Juanita set records at the North Carolina Senior Games in 1998 and 2000, sitting out 1999 due to heart surgery. At the 2001 USA Masters Outdoor Track and Field Championships she set national records for her age group in javelin (11.20 meters) and shot put (5.08 meters) and came in first in discus. At the 2001 National Senior Games she set a national record in discus (12.74 meters) and came in first in shot put. She is the North Carolina Senior Games record holder in standing long jump, softball throw, discus, shot put and football throw.

"If she hadn't been willing to try different things and try to learn something new, she never would have realized she had this potential," says Glenn. "To hold a national record in one event is a big deal for any athlete, but to be a national record holder in five events is really something."

The five-feet-tall grandmother spends about four days a week at the Y, training with Glenn and working out with her daughter, as well as painting and volunteering to help with swim meets. She also line dances and has enjoyed swimming since she learned at age 84. "We charge her rent instead of a membership," jokes Glenn.

"It's never too late"

Juanita and Glenn also speak to church and community groups, hoping her story will encourage other seniors to try something new.

"North Carolina is full of individuals who have these kind of talents," says Glenn. "The message is it's never too late to start, and you can do these things without getting hurt or spending a lot of money, and without having been an athlete in a previous life."

Juanita planned to compete in five events in this summer's National Senior Games, as well as working toward her goal of competing in racquetball tournaments and badminton competitions (with her 89-year-old partner) in 2003.

She says she plans to keep competing, "until the guy upstairs wants me." Then she adds, "The guy downstairs doesn't want me!"

"My mother lived to be 101 so I'm afraid [Glenn's] going to have to put up with me," Juanita says.

"I don't think I can stand her another 18 or 19 years," jokes Glenn. "I'm afraid she's going to outlive me!"

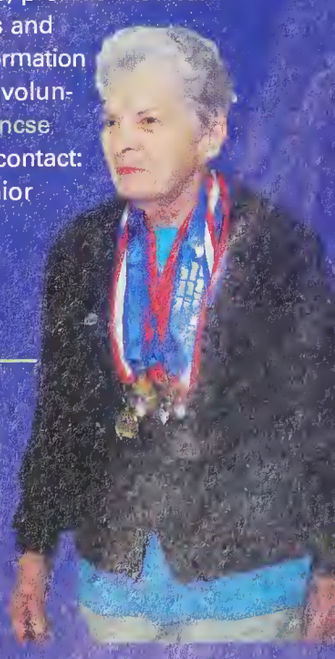
Patricia Staino is a freelance writer in Raleigh.

Take part in the North Carolina Senior Games

This year, more than 45,000 athletes from all 100 counties will compete in North Carolina's Local Senior Games, with the goal of being among the 2,600 competitors who advance to the State Finals in Raleigh this fall. Established in 1983 to promote health and wellness in state residents over the age of 55, the N.C. Senior Games program is more than just sports: Programs include opportunities to paint, swim, dance, cheer, and sing. Athletes compete in 67 events, including selected track and field competitions, archery, cycling, bowling, badminton, croquet, tennis, swimming and cheerleading, as well as categories such as Heritage, Literary, Visual and Performing Arts.

"You never really know what kind of talent you have, even at 85," says Glenn Dawson, Wellness Director at the Randolph/Asheboro Y.M.C.A., whose 20 athletes at last year's State Finals brought home more than 50 medals. "North Carolina is full of individuals who have these talents, but unless they have the opportunity to try these kinds of things, they never know what they're missing."

The State Finals run from September 30 through October 6. More than 900 volunteers are needed to set up facilities, keep score, present medals and awards, provide medical care, sell souvenirs and much more. For information on participating or volunteering, visit www.ncseniorgames.org. Or contact: North Carolina Senior Games, P.O. Box 33590, Raleigh, NC 27636. Phone: (919) 851-5456.



Juanita Brookover displays her medals from various North Carolina Senior Games events, including softball throw, discus throw and shot put.

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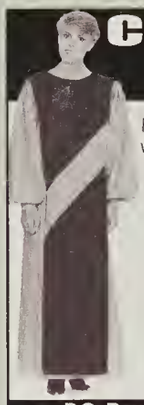

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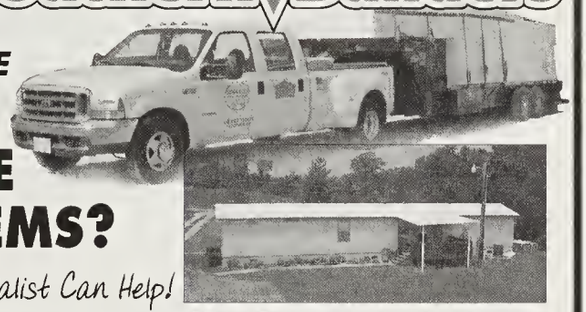

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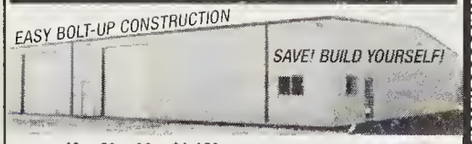

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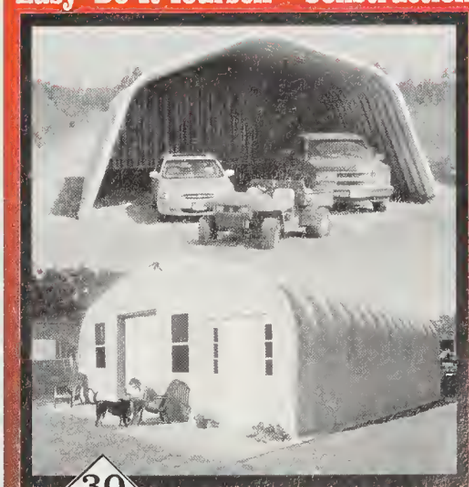

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What is the value of Independence Day?

Each of the eight different letters in INDEPENDENCE DAY has been given a different value between 1 and 9 inclusive. Given the total value of the letters in the eight words below, can you find the value of each letter in INDEPENDENCE DAY and the total value of the two words?

Example: If D=1, A=2, and Y=3, the value of DAY would be 6 (1+2+3). It isn't.

DECIDE=33 PANDA=27 PAID=24 DANCE=23
PENNY=22 DICE=20 CANDY=17 DENY=17

I + N + D + E + P + E + N + D + E + N + C + E + D + A + Y

__+__+__+__+__+__+__+__+__+__+__+__+__+__+__ = _____

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Answers on page 32

Word play

ward-wary-pray

To go from PAINT to BRUSH you must change one letter in each step. Letters can be rearranged in any step. Your answer may be different from mine.

1. PAINT
2. _ _ _ _ _
3. _ _ _ _ _
4. _ _ _ _ _
5. _ _ _ _ _
6. BRUSH

Digit Detection

If U, J, L, and Y are sequential in ascending order, and the square of the two-digit number YY is the four-digit number JULY, can you find the value of JULY?

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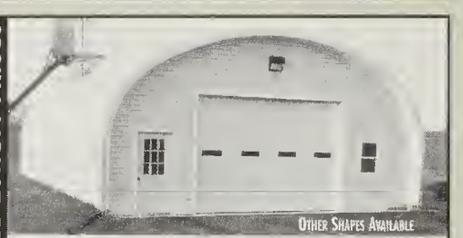

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JULY = 3456 (sequential digits)

Word Play:
PAINT PAINS PAIRS HAIRS
BRASH BRUSH

Independence Day:
I+N+D+E+P+E+N+D+E+N+C+E+D+A+Y
5+1+4+9+8+9+1+4+9+1+2+9+4+7+3 = 76

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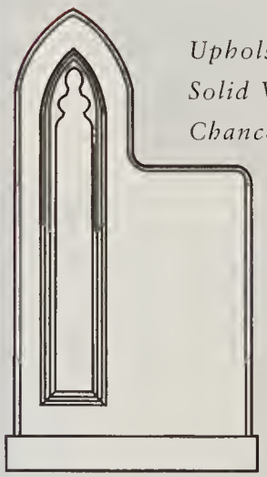

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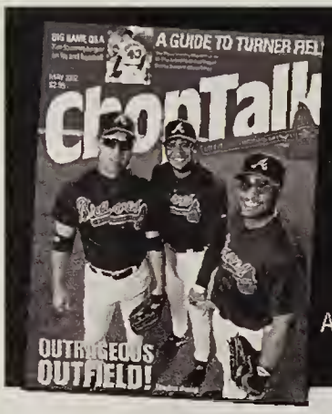

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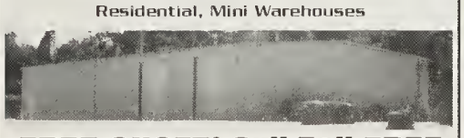

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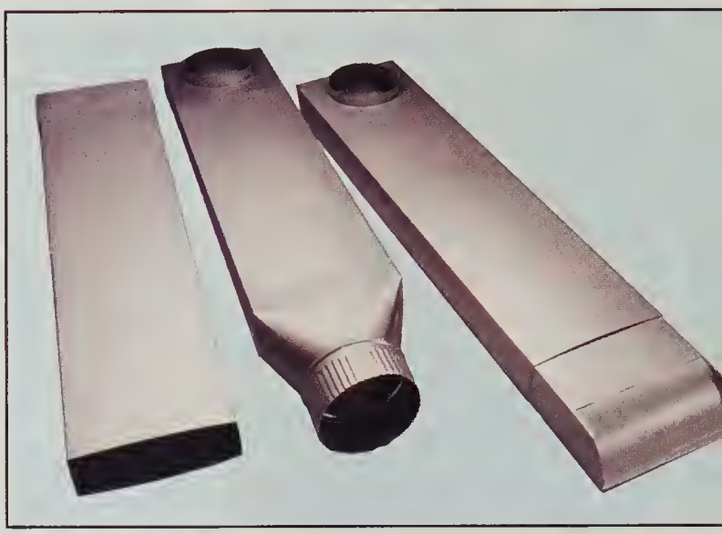
Make sure your dryer vent cover has a good seal

By James Dulley



It is very important to install a tight-sealing dryer vent cover for several reasons. The dryer vent duct is a direct open path from inside your house to the outdoors. If the vent cover does not seal well, it is the same as leaving a window partially open, allowing conditioned air to leak out from inside your house. This drives up your utility bills year-round.

Other less obvious problems are insects, mice and other pests that enter your comfy home through a dryer vent that does not seal well. If you ever wondered how mosquitoes get into your house during the summer, even when you are cooling the place with all the windows closed, a leaky dryer vent cover may be the source. It may also be a source of pollen and mold spores that aggravate allergic reactions.

There are several kits available with high-quality lint traps for venting an electric dryer indoors during the winter to save heat and humidity (check your local codes about setting up your dryer vent in this fashion). Never vent a gas dryer indoors, because the products of combustion will stay indoors and the moisture output will be even higher.

Flat aluminum vent duct extensions (above) allow the dryer to be located closer to wall.

The outdoor dryer vent floating cap design (pictured left) seals well and opens easily. If desired, paint can be applied to match your home.

Some of the indoor/outdoor kits are designed so you can quickly switch them from venting outdoors to indoors. The dryer stays attached to the outdoor vent, and you just flip a lever to switch from outdoors to indoors. Other models have the dryer duct terminate in an indoor filter unit. All the lint trap designs use cleanable filters, and some also include a water reservoir to remove more lint. Keep in mind a high concentration of lint in the air can be fire hazard.

One of the best sealing types of outdoor dryer vent kits is a floating cap design. It is made of heavy-gauge, durable plastic, so it will hold up well to playing children or other impacts should it get bumped. You can spray or brush-paint the outside housing to match your house or just keep its natural beige color. It extends out only about seven inches, so it takes up little space.

When your dryer is not running, a plastic sealing cap rests on a seat inside the housing and creates a good seal. When you turn your dryer on, the pressure from the exhaust air flow lifts this lightweight sealing cap off of the seat. This allows the warm, damp air to flow outdoors. The cap continues to float until the dryer stops, and then it settles back down on to its seat. All of the internal parts are made of very smooth plastic to minimize lint buildup and simplify cleaning of the unit. The top of the housing snaps off for easy access.

Another good option is a draft sealer kit that mounts inside the house where the vent pipe comes in from outdoors. In this location, the sealing flap is less prone to damage and degradation from the sun and bad weather. It uses a multiple horizontal louver design to save space and to provide adequate air flow.

When using one of these draft sealer kits, you can cover the outdoor vent with a pest/rodent-resistant cover or with another standard vent flapper kit. Since this will create double seals, inspect both areas regularly and clean out any lint buildup. For efficient clothes dryer operation, it is important there is not too much resistance that may impede the dryer air flow.

Check the condition and shape of your flexible dryer vent duct. Position it with gentle curves so there are no sharp bends. Sharp bends create great air flow resistance and they can be areas for lint buildup. If space is limited, install a flat expandable aluminum dryer vent extender and run the flexible duct from it. Using this method, the dryer can be placed only three inches from the wall. Other kits allow you to recess the dryer vent into the wall cavity so the dryer can be placed almost flush against a wall.

If sealing the dryer vent does not eliminate the pests inside your house, consider trying an efficient electronic pest repeller. They use very little electricity. Models with sweep frequencies cover a wider range of pests.

Write for (instantly download - www.dulley.com) Utility Bills Update No. 621 - buyer's guide of 11 tight-sealing dryer vent kit and pest repeller manufacturers listing rodent repellers, coverage area, product details, and dryer efficiency tips. Please include $3.00 and a business-size SASE. James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244

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American Cookery was also the first cookbook on the planet slanted toward female cooks. Amelia's book, in addition to being an outstanding cookbook, was also the very first spark of the feminist movement and the emancipation of women in America.

American Cookery published the earliest clear pairing of our Thanksgiving classics, cranberries and turkey, and the first recipes anywhere using corn meal as the primary ingredient.

Here also was the very first recipe for *"Indian Slapjacks"* and *"Johnny Cake,"* or *"Hoe Cake"* which became an American staple during the following centuries.

Amelia also gave us the very first recipes for pumpkin pie, Indian pudding, rice pudding, and gingerbread. Here also was the first use of the words *"cookie"* and *"slaw"*... both borrowed from the Dutch in America.

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Many of Amelia's recipes are downright *"sinful"* in their richness and goodness. In many others, however, you can easily substitute a low-fat cooking oil for lard and be right up-to-date and modern!

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July 13. Hendersonville. Sidewalk chalk art contest for kids and adults. Free. (828) 697-6393. www.historichendersonville.org

Tim Frye's Pickin' on the Creek
July 13. Mount Airy. Granite City Floor Covering. Live music concerts. (336) 786-5039

Ashe Civic Center
July 13. West Jefferson. The Hayes Family Gospel. (336) 246-4483. www.ashecivic.com

Festival on the Square
July 13-15. Hayesville. Street dancing, crafts, rodeo & more. (828) 389-3704.

Folkmoot USA
July 15-28. Various Mountain locations. 350 folk performers from all over the world. (877) 365-5872. www.folkmoot.com

Championship Rodeo
July 19-20. Low Gap. Palomino Mountain Ranch. (336) 352-4335.

Art in the Park
July 20. Blowing Rock. Fine art & craft shows. Free. (828) 295-7851.

Music Series in the Park
July 21. Mount Airy. Robert Smith Park. Featuring Wiley Porter & Friends. (800) 576-0231.

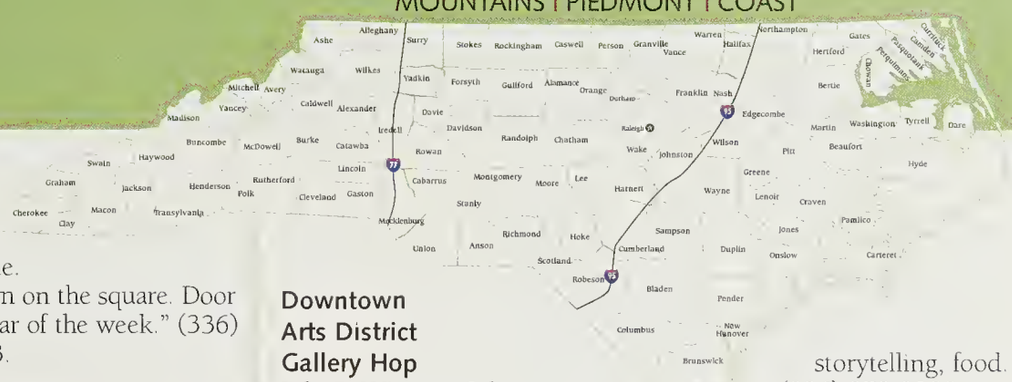
Car-B-Que Classic Car Show
July 27. Hayesville. Hayesville Town Square. (828) 389-0638.

Appalachian Summer Festival
Through July 27. Boone. Appalachian State University. Music, dance, theatre and more. Featuring "Mike Cross." (828) 262-4046 or (800) 841-ARTS. www.appsummer.org

The Orchard at Altapass
Ongoing events. Spruce Pine. July 4, Party | July 6, "Johnny Ellis" | July 7, "The Dowden Sisters" | July 13, "Laura Vines" | July 14, "Slight Departures" | July 20, "Glenn & Jordan Nance" | July 21, "Strings of Five" | July 27, "Bobby Gardner" | July 28, "Brian Gurl." Blue Ridge Parkway, Milepost 328.3. All shows free. (888) 765-9531. www.altapasschard.com

Schiele Musuem
Ongoing events. Gastonia. Every Sat. and Sun., "Explore the Bobcat's Den" | Every Sat.,

MOUNTAINS | PIEDMONT | COAST



"The Little Star That Could." (704) 866-6900. www.schielemuseum.org

The Art Cellar Gallery
Ongoing exhibits. Banner Elk. July 3-28, "Southern Landscapes" by Greg Smith & Tom VanNortwick | July 17- August 11, "David Birmingham," Landscapes. (828) 898-5175. www.artcellaronline.com

Cradle of Forestry Historic Site
Ongoing events. Pisgah Forest. July 6, "Afternoon Tea with Llama's" | July 12, "Songs of the Forest" | July 13, "Hike to Soapstone Ridge" | July 20, "Survival Skills" | (828) 877-3130. www.cradleofforestry.com

Southern Highland Craft Guild
Ongoing events. Asheville. Blue Ridge Parkway's Folk Art Center. (828) 298-7928.

PIEDMONT
(between I-77 and I-95)

Antique/Classic Car & Truck Cruise-In"
1st & 3rd Mon. of month, Mocksville. Downtown on the square. Door prizes, "Car of the week." (336) 751-0313.

Farmer's Market
1st & 3rd Sat. of month, Kenly. Kenly Tobacco Life Museum. (919) 284-3431.

Independence Day Celebration (clown pic)
July 2-6, Oakboro
Downtown Oakboro. July 4, Parade. Street dances, rides, bingo. Free. (704) 485-8795. www.oakborofirerescue.com

33rd Southeast Old Thresher's Reunion
July 3-7. Denton. Largest antique farm equipment & tractor show. (336) 859-2755. www.threshers.com

Broadway Rocks for the Arts
July 3. Cary. Regency Park Amphitheatre. Features Terrence Mann, The Connells & more. (919) 462-2025.

July Fourth Celebration
July 4. Winston-Salem. Old Sale. (336) 721-7300. www.oldsalem.org

Fun Fourth Festival
July 4. Greensboro. (336) 274-4595.

4th of July Celebration
July 4. Lexington. Finch Park. (336) 248-3960.

Remote Control Airshow
July 4. Oakboro. Dwight Hill RC Airfield. (704) 485-4122. www.wings-inc.com

Oakboro celebrates Independence Day with a downtown parade on July 4. Other festivities including street dances, rides and bingo from July 2-6. Call (704) 485-8795 or visit www.oakborofireres cue.com for details.

Downtown Arts District Gallery Hop
July 5. Winston-Salem. Downtown. Free. (336) 761-1955.

Fourth Street Jazz & Blues
July 5, 12, 19 & 26. Winston-Salem. Free. (336) 725-1083. www.wsevents.com

Independence Day Celebration
July 11. Winston-Salem. Bethabara Park. Bands, hay wagon rides. Free. (336) 924-8191. www.bethabarapark.org

"Fish the Magish"
July12. Carrboro. The ArtsCenter. Musical for children of all ages. (919) 929-ARTS (2787). www.artscenterlive.org

Gardner's Gathering & Trade Show
July 13, Reidsville
Chinqua-Penn Plantation. All day tours, hayrides. (800) 948-0947, ext. 37.

"Insectaphobia"
June 15. Greensboro. Natural Science Center. Celebration of the bug world, "biggest bug" contest. (336) 288-3769.

Old-Time Square Dance
July 20 (every 3rd Sat.). Denton. Denton Civic Center. (336) 475-9397. www.geocities.com/dentondance/

Bob Timberlake Gallery Summer Open House
July 20. Lexington. Autographs, crafts. (800) 244-0065. www.bobtimberlake.com

Bayou Bash in the Bog
July 20. Greensboro. Benjamin Lake & Bog Garden. Music, storytelling, food. (336) 373-2199

Melon Tasting
July 26. Louisburg. Franklin County Farmer's Market. (919)496-3344 www.franklin.ces.state.nc.us

N.C. Watermelon Festival
July 27. Fair Bluff. (910) 649-7202.

Shelton at Sunset Concert
July 27. Dobson. Shelton Vineyards. (336) 366-4724. www.sheltonvineyards.com

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e-mail: duplintourism@duplinnet.com

CONTINUED ▶

JULY EVENTS

Malcolm Blue Farm Museum
Ongoing. Aberdeen.
Special exhibits, "Kudzu—The Vine That Covers the South" | "Nature's Wrath" | "Endangered Farm Animals." Free.
(910) 944-5967.

Discovery Place
Ongoing. Charlotte.
"Kilimanjaro: To the Roof of Africa" | "Bones: An Exhibit Inside You." (704) 372-6261

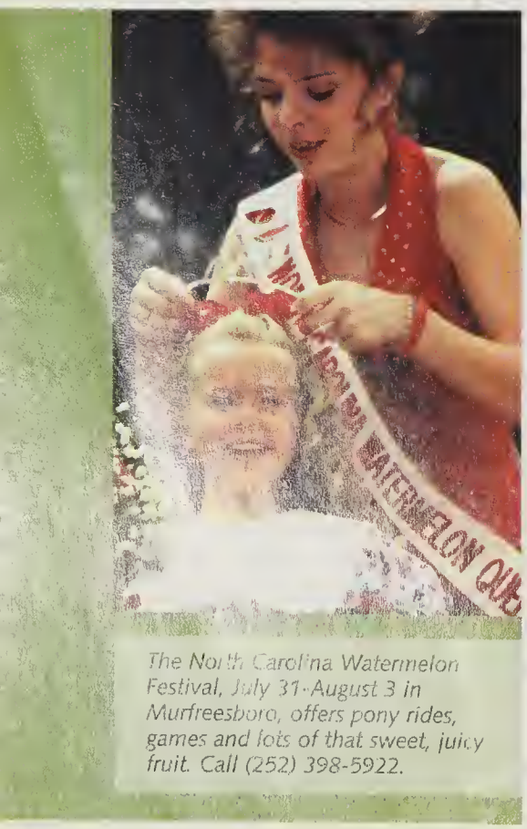
The Charlotte Musuem of History
Ongoing. Charlotte.
July 13, "Tall Tales, Yarns, and Lore: A Storytelling Festival" | July 15, "Raising the Roof: Barns of Our State" exhibit. Free every Sun.
(704) 568-1774.
www.charlottemuseum.org

Duke Gardens
Ongoing. Durham.
July 15-Aug. 18, "Bessie Niemeyer Marshall" illustrations. Doris Duke Center.
(919) 684-3608. www.hr.duke.edu/dukegardens/marshall.html

Caldwell County Historical Society and Heritage Museum
Ongoing events. Lenoir.
Through July 7, "Take Me Out To the Ballgame" exhibit. Tribute to little league's 50th anniversary. (828) 758-4004.

North Carolina Museum of Art
Ongoing, Raleigh
July 14-Dec 1., Selections from "The Birds of America by John James Audubon" | Through July 28, "Empire of the Sultans: Ottoman Art from the Khaili Collection" | Through Aug. 25, "Reverend McKendree Robbins Long: Picture Painter of the Apocalyse" | Through Dec 1., "The Birds of America by John James Audubon." (919) 839-6262. www.ncartmuseum.org

Museum of Natural Sciences
Ongoing. Raleigh.
Through Sept. 2, "The Genomic Revolution." Free. (919) 733-7450. www.naturalsciences.org



The North Carolina Watermelon Festival, July 31-August 3 in Murfreesboro, offers pony rides, games and lots of that sweet, juicy fruit. Call (252) 398-5922.

COAST
(east of I-95)

NC 4th of July Festival
July 2-4. Southport.
(910) 457-5578.

Annual 4th of July Parade
July 4. Ocean Isle Beach.
(910) 579-2166.

4th of July High Fly
July 4. Corolla.
Whalehead Club. Kite flying and demos. 1-877-FLY-THIS.

4th of July
July 4. Edenton.
Edenton Harbor Waterfront Park. Fireworks. (800) 775-0111. www.edenton.com

Picnic in the Park & Fireworks
July 4. Hertford.
(910) 426-2021.

Fourth of July Fireworks
July 4. Morehead City.
(800) 786-6962.

Independence Day Service
July 4. Wilmington. National Cemetery. Partriotic music & address. (910) 763-3702.

Independence Day Sail Race
July 6-7. Beaufort.
Free. (252) 728-7317.
www.ncmm-friends.org

Jazz Festival 2002
July 12-13. Morehead City.
(252) 247-7778.

Pirates on the Pungo Sailing Regatta
July 12-13. Belhaven.
Pirate costume contest, food, children's activities. (252) 944-2283. www.piratesonpungo.org

Bastille Day
July 14. Beaufort.
Food, wine & dancing.
(252) 502-2939.

Coastal Federation Photo Contest
Deadline July 15. Newport.
Open to all photographers. Photos of N.C. coast. (252) 393-8185. www.nccoast.org

10th Oriental Rotary Tarpon Tournament
July 26-28. Oriental.
More than $22,000 in cash & prizes. (800) 347-8246 or (252) 249-1014.

Western Carteret Fire & EMS BBQ
July 27. Cedar Point.
5-7 p.m. Proceeds for new ambulance. (252) 393-8301.

North Carolina Watermelon Festival
July 31-Aug 3. Murfreesboro.
Pony rides, watermelon games.
(252) 398-5922

The New History Place Museum
Ongoing. Morehead City.
Weekly, "Fridays with Rodney Kemp" history talk, lunch provided. Free. (252) 247-7533.

UNCW Lifelong Learning Center
Ongoing events. Wilmington
July 8-12, "Southern History, Culture and Literature" | July 15-19, "Institute of Great World Religions: Their Wisdom Texts." (910) 962-7249.

15th Annual "Worthy is the Lamb" Celebration
Through Sept. 28. Swansboro
Fri./Sat. only. Hwy 58-N, Crystal Coast Amphitheatre.
(800) 662-5960.

Louise Wells Cameron Art Museum
Ongoing. Wilmington.
Through July 14, "Donald Sultan: Paintings" | Through July 21, "Tejuola Turner: Gourds of the Gelede Festival" | Through April 2003, "18th Century European Art from the N.C. Museum of Art." Free first Sun. of month. (910) 395-5999
www.cameronartmuseum.com

Maritime Museum
Ongoing, Wilmington
Through July 28, "Images of Blackbeard." (252) 728-7317.
www.ncmm-friends.org

LISTING INFORMATION

Deadline for Sept: July 25
Deadline for Oct: Aug. 26

A phone number must be included with event listings in order to be published.

Photos are welcome.

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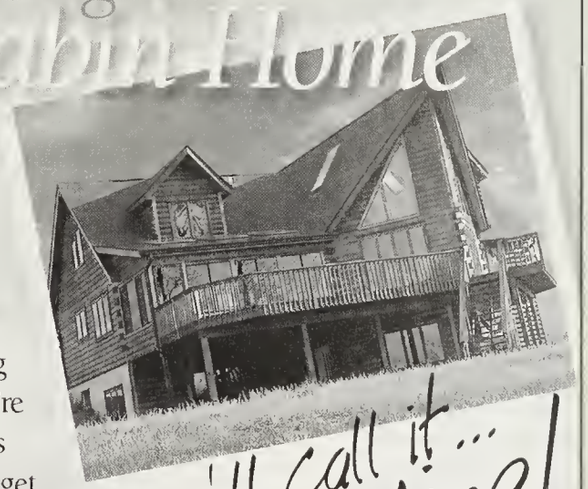

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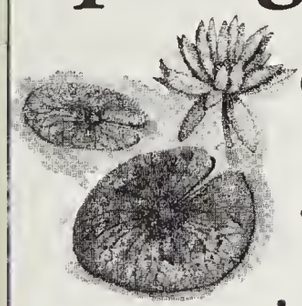

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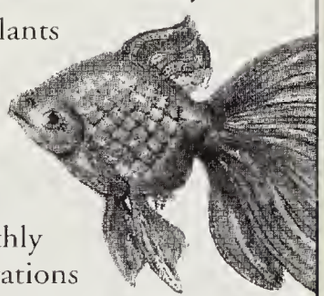

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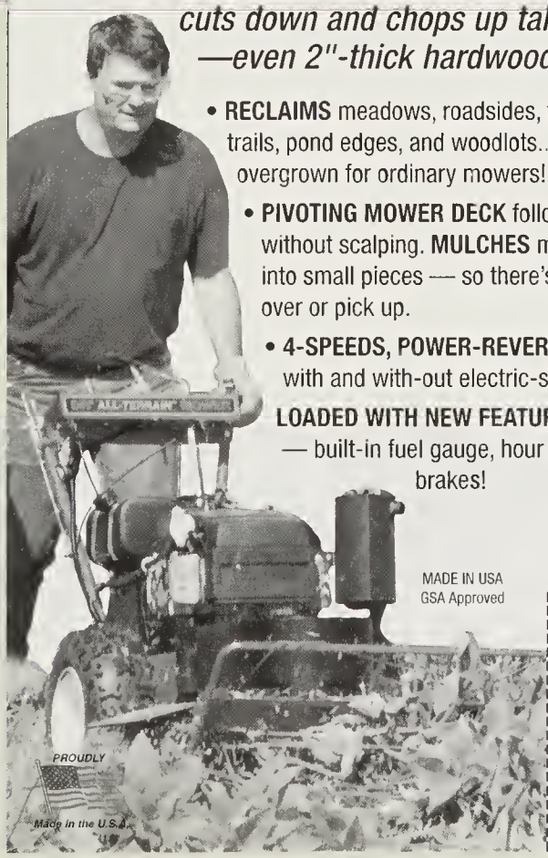

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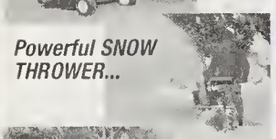
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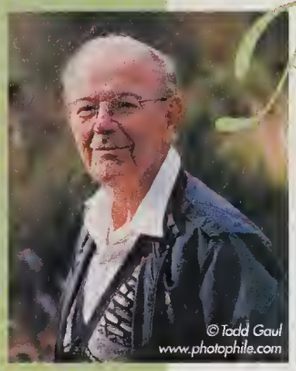
Hank's gardening guide

by Hank Smith



Plant requirements skyrocket in July. Insects, diseases and weeds are prevalent. Intense sunshine means a careful watch on moisture supply. Determine which plants need to be relocated, which have grown out of control, and what you'd like to plant during upcoming seasons. Remember to supply vegetable gardens with a high nitrogen fertilizer once a month. Select a formula of 16-8-8, 20-10-5, nitrate of soda, or *ammonium nitrate*.

Seeds Galore

The popular annual impatiens is named for its rapid ability to spread its seed. At the slightest touch, a mature seedpod will burst open, scattering encased seeds. This activity fascinates children, making the annual a good subject for a child's first gardening experience. Impatiens are called the "patience" plant.

Bright flowers of creeping phlox

New Lawns

The period between July and mid-August marks a good time to start new lawns of warm season grasses using springs, plugs or sod. Undecided on the type of grass to use? Take a look at the better lawns in your area. From neighborly chats, you can learn all about how to best establish, fertilize and mow certain varieties.

For an attractive, low-maintenance lawn, proper soil preparation is key. Soil preparation costs, including grading plus deep tillage and incorporating the right amounts of organic matter (peat moss, compost, old sawdust), fertilizer and lime, may seem high, but they'll pay for themselves many times over with a better looking, easy-to-care-for lawn.

A soil test and the type of grass determine the amount of fertilizer and lime to mix in before planting. Centipede grass grows best on acidic soil; add lime only as indicated by a soil test.

Bermuda grasses respond well to full sun. Others do well in full sun or medium shade.

Propagation by Layering

Here's a propagation by layering method for the spring and summer months, often used to reproduce azaleas. For woody branches, cut a notch about 18 inches from the tip. Then, prop the cut open with a wooden match or a very small piece of wood, and bend the branch over the ground. Cover the notch with soil and remove leaves from the buried portion. The tips of each branch are left exposed. If necessary, hold the branch down with a forked stick or by using the weight of a small stone. After the layer has rooted, it may be severed from the parent plant. When the new plant is well established, it may be transplanted the following spring.

GARDENING TERMS

Nitrogen Fertilizers

There are many different chemical and physical forms of nitrogen fertilizers.

Ammonium nitrogen is one such form.

Ammonium nitrate is often a granular or prilled dry material that contains half nitrate and half ammonium. It can be directly applied as a side dressing or in the production of ammonium solutions. Either sprinkle it on the surface or till it into the soil. Always handle ammonium nitrate while wearing protective clothing on hands and body. Store the solution in a well-ventilated area.

Information courtesy of Pennsylvania State University, 814-865-2571, hortpsu@psu.edu

HORT shorts

- Root softwood cuttings of favorite shrubs such as althea (rose-of-sharon), mock orange, Scotch broom and flowering quince. Plunge cuttings in sand and/or vermiculite kept moist, but not overly wet. Dusting cut ends with Rootone hastens root formation.
- Sow seeds of flowering annuals such as marigold, nicotiana (ornamental tobacco), annual phlox, alyssum, cosmos, balsam, tithonia, and zinnia for late summer and autumn color.
- Melons, okra and corn require a long growing season to mature. Plant them by mid-July.
- During a drought, do not cultivate soil to a great extent. When soil is loosened, more moisture is lost through evaporation.
- Keep roses flowering until autumn with proper amounts of water, fertilizer and by keeping them free of insects and diseases.
- Apply good mulch to conserve water.
- Apply fertilizer monthly, using a complete fertilizer to stimulate new growth and flower bud formation.
- Encourage future blooms by clipping away the faded blooms of such plants as rhododendron, azalea and crepe myrtle. Crepe myrtle will produce another crop of blooms before frost.
- When mulching, don't use a material that crusts over, such as sawdust.
- Protect young fruit trees against rodents by covering the bottom two feet of trunks with plastic tree wrap. Dig it into soil a few inches for best results. Remove in the spring.

Carolina Country classified ads cost $2 per word, prepaid. Minimum ad $20. Maximum 75 words. Same ad on Web site is $20 per month. Send ad and payment to Classifieds, Carolina Country, P.O. Box 27306, Raleigh, NC 27611. For more information and a printed form to use for your ad, see our Web site at www.carolinacountry.com and click on the Advertising section.

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Grilled Three-Cheese Potatoes

6 large potatoes, sliced ¼ inch thick
2 medium onions, chopped
⅓ cup grated Parmesan cheese
1 cup (4 ounces) shredded sharp cheddar cheese, divided
1 cup (4 ounces) shredded mozzarella cheese, divided
1 pound sliced bacon, cooked and crumbled
¼ cup butter or margarine, cubed
1 tablespoon minced fresh or dried chives
1 to 2 teaspoons seasoned salt
½ teaspoon pepper

Divide the potatoes and onions equally between two pieces of heavy-duty foil (about 18 inch square) that have been coated with nonstick cooking spray. Combine Parmesan cheese and ¾ cup each cheddar and mozzarella; sprinkle over potatoes and onions. Top with bacon, butter, chives, seasoned salt and pepper. Bring opposite ends of foil together over filling and fold down several times. Fold unsealed ends toward filling and crimp tightly. Grill, covered, over medium heat for 35-40 minutes or until potatoes are tender. Remove from the grill. Open foil carefully and sprinkle with the remaining cheeses.

Yield: 6-8 servings.

Potato recipe is by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, P.O. Box 990, Greendale, WI 53129-0990. www.tasteofhome.com.

Tony Roma's World Famous Ribs

4 pounds baby back pork ribs or 4 pounds pork spareribs

1. Usually you just have to cut these long racks in half to get the perfect serving size (about 4 to 6 rib bones per rack). You'll likely have 4 of these smaller racks at about a pound each.
2. Preheat oven to 300 degrees F.
3. Tear off 4 pieces of aluminum foil that are roughly 6 inches longer than the ribs.
4. Coat the ribs, front and back with barbecue sauce. Place a rack of ribs, one at a time, onto a piece of foil lengthwise and wrap it tightly.

   Place ribs into the oven with the seam of the foil wrap facing up. Cook for 2 to 2½ hours, or until you see the meat of the ribs shrinking back from the cut ends of the bones by about ½ inch. This long cooking time will ensure that the meat will be very tender and fall off the bones.

   Toward the end of the cooking time, prepare the barbecue.

   Remove the ribs from the foil and smother them with additional barbecue sauce. Be sure to save some sauce for later.

   Grill the ribs on the hot barbecue for 2 to 4 minutes per side, or just until you see several spots of charred blackened sauce. Watch for flames and do not burn!

   When the ribs are done, use a sharp knife to slice the meat between each bone about halfway down. This will make it easier to tear the ribs apart when they are served.

   Serve the ribs piping hot with additional sauce on the side, if desired.

Tony Roma's Blue Ridge Smokies Sauce

1 cup ketchup
1 cup red wine vinegar
½ cup brown sugar
¼ cup molasses
1½ teaspoons liquid smoke
½ teaspoon salt
rounded ¼ teaspoon black pepper
¼ teaspoon garlic powder
¼ teaspoon onion powder

Combine all ingredients in a medium saucepan over high heat, and whisk until smooth. Bring sauce to a boil, then reduce heat and simmer uncovered for 30-40 minutes or until sauce has thickened. Use on pork spareribs or any of your beef, pork or chicken recipes.

Ribs and sauce recipes are from "Top Secret Restaurant Recipes" by Todd Wilbur. For more Top Secret Recipes, visit www.topsecretrecipes.com

For more Carolina Kitchen recipes, visit our Web site at www.carolinacountry.com

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